



# BIEG SUPER TRIAL - 130 KM - KLASYFIKACJA WSPÓLNA Z DNF NA 240 KM

B4SPORT  
INTELLIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY  
**Data:** 2022-07-14  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 130 km

**B4SPORT**  
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A7 112km	Czas netto 130km	Różn	Tempo min/km	Tempo km/h
1	<b>PAWŁOWSKI Marcin</b>	<b>2169</b>		Masters M - 40	1	01:04:27	04:02:41	06:00:02	07:44:09	09:36:18	12:46:35	<b>14:52:30.05</b>		6:51	8.7 (100%)
2	<b>MAŁYGA Grzegorz</b>	<b>2120</b>	RMT TEAM PRO	Senior II M - 30	1	01:00:03	03:48:13	05:42:52	07:32:44	09:35:25	13:04:21	<b>15:35:04.95</b>	+00:42:34 (4.6%)	7:11	8.3 (95.4%)
3	<b>OLSZEWSKI Piotr</b>	<b>2143</b>	RUNNING TEAM NASTOPY.PL	Senior II M - 30	2	01:07:50	04:08:13	06:10:41	08:06:03	10:06:56	13:50:31	<b>16:10:33.65</b>	+01:18:03 (8.0%)	7:27	8 (92.0%)
4	<b>PIOTROWSKI Marek</b>	<b>2128</b>	GÓRAL Z MAZUR RUNNING TEAM	Senior II M - 30	3	01:01:58	04:04:42	06:10:45	08:08:09	10:25:50	14:11:25	<b>16:40:51.90</b>	+01:48:21 (10.8%)	7:41	7.8 (89.7%)
5	<b>MATYSIAK Bartłomiej</b>	<b>2133</b>	WILD ULTRA WARRIORS	Masters M - 40	2	01:06:37	04:25:21	06:34:45	08:30:23	10:39:52	14:16:27	<b>16:48:01.75</b>	+01:55:31 (11.5%)	7:45	7.7 (88.5%)
6	<b>KOCIOŁOWICZ Piotr</b>	<b>1092</b>	BIEGAM W GÓRACH BARDZKICH	Masters M - 40	3	01:01:08	04:06:57	06:12:22	08:20:50	10:35:48	14:16:33	<b>16:48:07.00</b>	+01:55:36 (11.5%)	7:45	7.7 (88.5%)
7	<b>WINIARSKA Katarzyna</b>	<b>2101</b>	PRZEMYSKI KLUB BIEGACZA/HERCOG RUNNING TEAM	Masters K - 40	1	01:03:39	03:59:30	06:08:14	08:09:33	10:12:41	14:10:55	<b>16:49:43.55</b>	+01:57:13 (11.6%)	7:46	7.7 (88.5%)
8	<b>KOMZA Radosław</b>	<b>2142</b>		Masters M - 40	4	01:01:27	04:13:22	06:32:51	08:34:03	10:41:16	14:29:21	<b>16:52:38.45</b>	+02:00:08 (11.9%)	7:47	7.7 (88.5%)
9	<b>ROSOLSKI Dawid</b>	<b>2073</b>		Senior II M - 30	4	01:03:17	04:07:43	06:10:46	08:20:04	10:35:02	14:26:30	<b>17:07:59.00</b>	+02:15:28 (13.2%)	7:54	7.6 (87.4%)
10	<b>RINK Jan</b>	<b>2153</b>		Masters M - 40	5	01:10:34	04:36:32	06:54:20	09:10:45	11:15:16	15:02:43	<b>17:09:01.65</b>	+02:16:31 (13.3%)	7:54	7.6 (87.4%)
11	<b>MARZEC Grzegorz</b>	<b>1183</b>	GMINA STRZELCE OPOLSKIE	Masters M - 40	6	01:07:13	04:35:37	06:43:06	08:42:28	10:56:32	14:55:49	<b>17:14:44.60</b>	+02:22:14 (13.7%)	7:57	7.5 (86.2%)
12	<b>BARTOSZEWSKI Grzegorz</b>	<b>1094</b>	TEAM RÓŻOWEJ PELERYNKI	Masters M - 40	7	01:10:25	04:33:42	06:50:14	08:52:21	11:07:42	15:17:45	<b>17:44:28.65</b>	+02:51:58 (16.2%)	8:11	7.3 (83.9%)
13	<b>LACHOR Krzysztof</b>	<b>1301</b>	NASTOPY.PL RUNNING TEAM	Senior I M - 20	1	01:10:30	04:46:40	06:57:41	09:21:16	11:31:28	15:30:29	<b>17:53:52.25</b>	+03:01:22 (16.9%)	8:15	7.3 (83.9%)
14	<b>KUPIŃSKI Cezary</b>	<b>2146</b>	MOCNA GRUPA CEZARA	Weteran I M - 50	1	01:11:17	04:36:06	06:50:43	09:01:17	11:15:51	15:19:07	<b>17:53:59.80</b>	+03:01:29 (16.9%)	8:15	7.3 (83.9%)
15	<b>STĘPNIK Paweł</b>	<b>2046</b>		Masters M - 40	8	01:12:02	04:41:56	07:01:16	09:17:36	11:51:05	15:46:28	<b>18:08:48.45</b>	+03:16:18 (18.0%)	8:22	7.2 (82.8%)
16	<b>BODANKA Piotr</b>	<b>2214</b>	APAMA ACOUSTIC PROJECT	Masters M - 40	9	01:11:53	04:44:15	07:07:12	09:13:03	12:08:15	15:51:47	<b>18:09:55.35</b>	+03:17:25 (18.1%)	8:23	7.2 (82.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas							Różn	Tempo min/km	Tempo km/h
						A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A7 112km	netto 130km			
17	<b>ZAJĄC Leszek</b>	<b>2187</b>	LESZ NO LIMITS RUNNERS /L.O.T.A.Z	Masters M - 40	10	01:12:14	04:51:13	07:07:41	09:22:08	11:42:31	15:42:17	<b>18:14:45.20</b>	+03:22:15 (18.5%)	8:25	7.1 (81.6%)
18	<b>LADENBERGER Mateusz</b>	<b>2019</b>		Senior II M - 30	5	01:23:51	05:19:23	07:45:43	09:58:20	12:10:48	15:54:02	<b>18:21:13.80</b>	+03:28:43 (19.0%)	8:28	7.1 (81.6%)
19	<b>TATARA Mateusz</b>	<b>1207</b>	RUN-G	Masters M - 40	11	01:06:39	04:35:20	07:05:05	09:16:59	11:48:47	15:47:23	<b>18:22:02.60</b>	+03:29:32 (19.0%)	8:28	7.1 (81.6%)
20	<b>WIECZOREK Tomasz</b>	<b>1237</b>	PIERUNSKIE CANGÓRY	Senior II M - 30	6	01:17:03	04:48:07	07:03:54	09:17:19	11:41:42	15:48:57	<b>18:26:41.65</b>	+03:34:11 (19.4%)	8:30	7 (80.5%)
21	<b>MYŚLIWIEC Robert</b>	<b>2082</b>	DZIKI & WOLNY	Masters M - 40	12	01:16:42	04:51:05	07:09:00	09:34:04	11:45:43	15:48:43	<b>18:28:15.10</b>	+03:35:45 (19.5%)	8:31	7 (80.5%)
22	<b>RUTKOWSKI Michał</b>	<b>2095</b>		Senior II M - 30	7	01:12:01	04:41:57	07:01:13	09:14:58	11:42:45	15:46:29	<b>18:32:56.35</b>	+03:40:26 (19.8%)	8:33	7 (80.5%)
23	<b>GUZERA Justyna</b>	<b>2131</b>	MATNER RUNNING TEAM	Senior II K - 30	1	01:12:26	04:51:15	07:14:46	09:26:30	11:42:35	16:04:16	<b>18:44:06.85</b>	+03:51:36 (20.6%)	8:38	6.9 (79.3%)
24	<b>KRYGIER Tomasz</b>	<b>2167</b>	EUROCASH	Senior I M - 20	2	01:12:27	04:51:15	07:14:47	09:26:30	11:42:37	16:04:16	<b>18:44:08.10</b>	+03:51:38 (20.6%)	8:38	6.9 (79.3%)
25	<b>ROZCZYPAŁA Karol</b>	<b>2084</b>		Senior II M - 30	8	01:09:08	04:48:15	07:08:59	09:27:13	11:45:00	16:05:07	<b>18:51:57.95</b>	+03:59:27 (21.2%)	8:42	6.9 (79.3%)
26	<b>JANKOWSKI Marcin</b>	<b>2127</b>	FU FU FU TEAM	Masters M - 40	13	01:17:20	05:10:11	07:43:57	10:00:00	12:34:28	16:40:52	<b>18:56:36.25</b>	+04:04:06 (21.5%)	8:44	6.9 (79.3%)
27	<b>SUDNIK Krzysztof</b>	<b>2145</b>		Senior II M - 30	9	01:17:59	04:56:48	07:19:35	09:41:12	12:05:56	16:15:45	<b>18:58:27.05</b>	+04:05:57 (21.6%)	8:45	6.9 (79.3%)
28	<b>ZIĘTAK Andrzej</b>	<b>1161</b>	TKKF KOLEJARZ BYDGOSZCZ	Masters M - 40	14	01:16:32	04:57:37	07:16:41	09:36:14	12:14:31	16:10:31	<b>18:59:02.95</b>	+04:06:32 (21.6%)	8:45	6.8 (78.2%)
29	<b>NESTOROWICZ Marek</b>	<b>2113</b>	KB JURUND SZCZYTNO / GÓRAL Z MAZUR RUNNING TEAM	Weteran I M - 50	2	01:12:08	05:21:10	07:49:33	10:06:58	12:19:15	16:26:13	<b>19:00:35.20</b>	+04:08:05 (21.8%)	8:46	6.8 (78.2%)
30	<b>KARAMON Marcin</b>	<b>2200</b>		Masters M - 40	15	01:23:07	05:05:30	07:30:31	09:48:58	12:21:32	16:31:58	<b>19:06:33.20</b>	+04:14:03 (22.2%)	8:49	6.8 (78.2%)
31	<b>SUCH Arkadiusz</b>	<b>1246</b>		Masters M - 40	16	01:25:15	05:20:08	07:42:06	09:55:56	12:09:52	16:25:42	<b>19:09:06.55</b>	+04:16:36 (22.3%)	8:50	6.8 (78.2%)
32	<b>KLUSEK Mateusz</b>	<b>1035</b>	SKLEP BIEGACZA KRAKÓW	Senior II M - 30	10	01:20:27	05:09:32	07:37:53	09:48:01	12:13:52	16:22:51	<b>19:10:16.95</b>	+04:17:46 (22.4%)	8:50	6.8 (78.2%)
33	<b>BOTKIEWICZ Jarosław</b>	<b>1024</b>	STKOWCZYKI / WKURW_TEAM	Masters M - 40	17	01:07:32	04:44:10	06:57:39	09:17:45	11:51:14	16:26:54	<b>19:14:01.45</b>	+04:21:31 (22.7%)	8:52	6.8 (78.2%)
34	<b>WARDZYŃSKI Łukasz</b>	<b>2221</b>		Masters M - 40	18	01:18:40	04:54:38	07:19:52	09:49:16	12:18:13	16:32:38	<b>19:14:33.50</b>	+04:22:03 (22.7%)	8:52	6.8 (78.2%)
35	<b>KLIMA Dariusz</b>	<b>2137</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Senior II M - 30	11	01:03:47	04:21:39	06:49:36	09:02:16	11:41:33	16:23:11	<b>19:14:53.90</b>	+04:22:23 (22.7%)	8:53	6.8 (78.2%)
36	<b>PAWLIK Filip</b>	<b>2090</b>		Senior II M - 30	12	01:18:08	05:02:07	07:21:09	09:47:48	12:21:12	16:31:18	<b>19:17:49.35</b>	+04:25:19 (22.9%)	8:54	6.7 (77.0%)
37	<b>SZAFRANIEC Tomasz</b>	<b>2061</b>	MIĘDZYRZECKIE GAZELE	Masters M - 40	19	01:20:41	05:17:23	07:42:22	10:02:26	12:21:39	16:31:45	<b>19:18:15.20</b>	+04:25:45 (22.9%)	8:54	6.7 (77.0%)
38	<b>KUBLIK Łukasz</b>	<b>2114</b>		Senior I M - 20	3	01:18:20	05:06:23	07:30:56	09:41:38	12:18:35	16:26:24	<b>19:18:17.05</b>	+04:25:47 (22.9%)	8:54	6.7 (77.0%)
39	<b>TYLEK Rafał</b>	<b>1223</b>		Weteran I M - 50	3	01:46:47	06:09:42	08:38:31	10:49:01	13:18:29	17:01:51	<b>19:31:10.30</b>	+04:38:40 (23.8%)	9:00	6.7 (77.0%)
40	<b>KOSIOREK Adam</b>	<b>2126</b>	BSAC MOKOBODY	Weteran I M - 50	4	01:35:26	05:48:23	08:22:23	10:44:38	13:11:20	17:08:45	<b>19:34:15.70</b>	+04:41:45 (24.0%)	9:01	6.6 (75.9%)
41	<b>BUCHOWICZ Krzysztof</b>	<b>1359</b>		Masters M - 40	20	01:26:02	05:13:08	07:43:08	09:59:26	12:23:39	16:52:15	<b>19:41:47.80</b>	+04:49:17 (24.5%)	9:05	6.6 (75.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	A2	A3	A4	A5	A7	Czas netto	Różn	Tempo min/km	Tempo km/h
						10km	32km	47km	64km	81km	112km	130km			
42	KYCIA Piotr	1334		Weteran I M - 50	5	01:29:41	05:20:27	07:44:36	10:09:05	12:41:27	16:42:57	<b>19:45:52.20</b>	+04:53:22 (24.7%)	9:07	6.6 (75.9%)
43	GRYNAGIEL Przemysław	2151		Masters M - 40	21	01:13:50	04:41:48	07:07:54	09:22:10	11:48:36	16:44:01	<b>19:46:30.80</b>	+04:54:00 (24.8%)	9:07	6.6 (75.9%)
44	PLOCH Jakub	1333		Senior II M - 30	13	01:12:21	04:57:04	07:31:57	09:41:37	12:08:15	16:27:55	<b>19:48:19.00</b>	+04:55:48 (24.9%)	9:08	6.6 (75.9%)
45	SKORCZYK Adrian	2183	SPEED FEET '16	Masters M - 40	22	01:21:01	05:20:12	07:46:12	10:05:05	12:38:26	16:57:11	<b>19:54:48.50</b>	+05:02:18 (25.3%)	9:11	6.5 (74.7%)
46	ŚLIŹ Sylwia	2053		Senior II K - 30	2	01:20:39	04:57:55	07:20:39	09:55:00	12:52:58	16:58:53	<b>20:01:59.00</b>	+05:09:28 (25.7%)	9:14	6.5 (74.7%)
47	STACHURA Damian	2118	TEAM CEBUL&STACHU	Senior II M - 30	14	01:11:40	05:08:54	07:43:53	10:13:09	12:45:15	17:09:33	<b>20:09:41.00</b>	+05:17:10 (26.2%)	9:18	6.4 (73.6%)
48	CEBULA Grzegorz	2117	TEAM CEBUL&STACHU	Weteran I M - 50	6	01:11:40	05:08:57	07:43:53	10:13:09	12:45:37	17:09:25	<b>20:09:42.75</b>	+05:17:12 (26.2%)	9:18	6.4 (73.6%)
49	GONCZAR Szymon	2189		Senior II M - 30	15	01:14:45	05:05:36	07:31:09	09:53:58	12:15:52	16:52:31	<b>20:16:40.40</b>	+05:24:10 (26.6%)	9:21	6.4 (73.6%)
50	KRUPA Marcin	1045	AKTYWNA NOWA RUDA	Masters M - 40	23	01:05:08	04:50:08	07:06:01	09:22:28	11:59:21	16:52:48	<b>20:16:57.10</b>	+05:24:27 (26.7%)	9:21	6.4 (73.6%)
51	GÓRSKA Agnieszka	1067	ŻARY RUNNERS TEAM	Masters K - 40	2	01:25:41	05:15:58	07:43:21	09:56:38	13:07:31	17:48:22	<b>20:16:58.35</b>	+05:24:28 (26.7%)	9:21	6.4 (73.6%)
52	JANKOWSKI Sebastian	1341	COKE RUNNERS	Senior II M - 30	16	01:22:48	05:24:40	07:55:56	10:31:22	13:31:50	17:48:45	<b>20:17:21.10</b>	+05:24:51 (26.7%)	9:21	6.4 (73.6%)
53	KUCIAK Bartosz	2030		Senior II M - 30	17	01:20:56	05:12:42	07:47:05	10:12:48	13:01:00	17:24:39	<b>20:23:08.10</b>	+05:30:38 (27.0%)	9:24	6.4 (73.6%)
54	ZAJĄC Sebastian	2155	BIEGOWA ŚWIDNICA	Masters M - 40	24	01:09:40	04:51:05	07:22:43	09:49:33	12:32:30	17:05:02	<b>20:23:24.55</b>	+05:30:54 (27.0%)	9:24	6.4 (73.6%)
55	FERSZT Piotr	1283	ULTRA WAY TEAM	Masters M - 40	25	01:13:07	05:08:23	07:49:54	10:20:53	13:04:10	17:42:51	<b>20:29:55.10</b>	+05:37:25 (27.4%)	9:27	6.3 (72.4%)
56	RATAJCZAK Krystian	2208		Senior II M - 30	18	01:23:29	05:30:32	08:02:56	10:27:08	13:05:42	17:28:50	<b>20:32:48.80</b>	+05:40:18 (27.6%)	9:28	6.3 (72.4%)
57	KOWALSKI Łukasz	2045	PHILLIPS MEDISIZE	Masters M - 40	26	01:24:10	05:10:23	07:37:22	09:58:12	12:32:07	17:08:28	<b>20:33:13.50</b>	+05:40:43 (27.6%)	9:29	6.3 (72.4%)
58	GULCZYŃSKI Tomasz	2202		Senior II M - 30	19	01:13:08	05:07:49	07:36:36	09:56:07	13:13:36	17:49:05	<b>20:34:52.90</b>	+05:42:22 (27.7%)	9:29	6.3 (72.4%)
59	DWORNICKI Kamil	1337		Senior II M - 30	20	01:20:33	04:49:29	07:14:54	09:34:50	12:37:25	17:28:36	<b>20:37:18.25</b>	+05:44:48 (27.9%)	9:31	6.3 (72.4%)
60	WIĄCEK Łukasz	1080	IRS KRAKÓW	Masters M - 40	27	01:24:07	05:16:14	07:43:39	10:25:50	13:15:33	17:31:43	<b>20:39:50.65</b>	+05:47:20 (28.0%)	9:32	6.3 (72.4%)
61	ZIELIŃSKI Przemysław	1279		Masters M - 40	28	01:22:35	05:19:34	07:46:40	10:08:15	12:56:44	17:30:15	<b>20:45:56.50</b>	+05:53:26 (28.4%)	9:35	6.3 (72.4%)
62	WOS Rafał	1041	STAJNIAK TEAM	Masters M - 40	29	01:21:34	05:06:19	07:30:08	10:05:19	12:57:19	17:37:33	<b>20:46:17.00</b>	+05:53:46 (28.4%)	9:35	6.3 (72.4%)
63	SZYMAŁA Marcin	1195	KLUCZBORSKA GRUPA BIEGOWA	Weteran I M - 50	7	01:21:47	05:13:20	07:47:08	10:21:52	13:01:10	17:42:02	<b>20:47:42.15</b>	+05:55:12 (28.5%)	9:35	6.3 (72.4%)
64	KUJAWA Krzysztof	2002		Masters M - 40	30	01:17:27	05:13:18	07:41:27	10:08:34	13:07:56	17:37:53	<b>20:55:53.85</b>	+06:03:23 (28.9%)	9:39	6.2 (71.3%)
65	GAIK Andrzej	2222	PODGÓRZ TORUŃ	Weteran I M - 50	8	01:20:36	05:30:14	08:12:15	10:42:46	13:27:16	18:06:49	<b>21:02:04.65</b>	+06:09:34 (29.3%)	9:42	6.2 (71.3%)
66	SAMORAŃSKI Krzysztof	1196	ULTRA-SZCZĘŚCIE	Masters M - 40	31	01:20:22	05:15:47	07:45:36	10:20:39	13:13:19	17:49:58	<b>21:05:09.10</b>	+06:12:39 (29.5%)	9:43	6.2 (71.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas							Różn	Tempo min/km	Tempo km/h
						A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A7 112km	netto 130km			
67	<b>BŁĘDOWSKI Mariusz</b>	<b>1192</b>	COYOTE TEAM	Masters M - 40	32	01:17:49	05:23:48	08:03:54	10:34:33	13:19:09	17:54:01	<b>21:05:10.10</b>	+06:12:40 (29.5%)	9:43	6.2 (71.3%)
68	<b>GAJ Grzegorz</b>	<b>1339</b>	BORKI TEAM	Masters M - 40	33	01:25:25	05:25:28	08:07:14	10:28:42	13:16:07	17:53:52	<b>21:05:21.95</b>	+06:12:51 (29.5%)	9:44	6.2 (71.3%)
69	<b>LOREK Adam</b>	<b>2038</b>	#BIEGAJLESZNO	Masters M - 40	34	01:17:43	05:02:04	07:31:35	09:55:45	12:37:34	17:12:05	<b>21:10:06.60</b>	+06:17:36 (29.7%)	9:46	6.1 (70.1%)
70	<b>FOJT Krzysztof</b>	<b>2207</b>	APR69	Masters M - 40	35	01:17:10	05:22:16	08:27:07	10:41:38	13:52:08	18:14:50	<b>21:16:08.20</b>	+06:23:38 (30.1%)	9:48	6.1 (70.1%)
71	<b>SZUKAŁA Damian</b>	<b>1141</b>	ULTRA BEER RUNNERS	Senior II M - 30	21	01:35:54	06:06:03	08:33:20	11:10:29	13:41:22	18:16:27	<b>21:16:09.30</b>	+06:23:39 (30.1%)	9:48	6.1 (70.1%)
72	<b>CHACIŃSKI Mikołaj</b>	<b>1288</b>	PROAUTOMATION	Masters M - 40	36	01:24:37	05:26:56	08:02:40	10:29:38	13:14:02	17:57:09	<b>21:17:35.15</b>	+06:25:05 (30.1%)	9:49	6.1 (70.1%)
73	<b>SADOWSKA Jagoda</b>	<b>2011</b>	#YOLOTEAMKRK	Senior II K - 30	3	01:36:30	05:51:08	08:20:59	10:51:58	13:31:30	18:02:59	<b>21:22:01.35</b>	+06:29:31 (30.4%)	9:51	6.1 (70.1%)
74	<b>SMYK Mariusz</b>	<b>2220</b>		Masters M - 40	37	01:26:30	05:17:55	07:46:47	10:08:08	12:53:13	17:44:03	<b>21:22:24.35</b>	+06:29:54 (30.4%)	9:51	6.1 (70.1%)
75	<b>KOWALCZYK Marek</b>	<b>2161</b>		Masters M - 40	38	01:10:29	04:45:14	07:16:13	09:46:47	12:39:45	17:49:43	<b>21:27:06.90</b>	+06:34:36 (30.7%)	9:54	6.1 (70.1%)
76	<b>KUC Wojciech</b>	<b>1211</b>		Senior II M - 30	22	01:34:42	05:36:59	08:12:00	10:38:43	13:13:21	18:02:29	<b>21:32:16.70</b>	+06:39:46 (30.9%)	9:56	6 (69.0%)
77	<b>GARBOWSKA Monika</b>	<b>2107</b>	COMPAÑEROS ASFALT TEAM	Masters K - 40	3	01:29:35	05:49:50	08:28:38	11:02:27	13:59:45	18:39:37	<b>21:34:57.60</b>	+06:42:27 (31.1%)	9:57	6 (69.0%)
78	<b>BUCZYŃSKI Radosław</b>	<b>2051</b>	COMPANEROS ASFALT TEAM	Senior II M - 30	23	01:29:23	05:46:28	08:25:47	11:02:27	13:59:55	18:38:29	<b>21:34:57.70</b>	+06:42:27 (31.1%)	9:57	6 (69.0%)
79	<b>HOLC Michał</b>	<b>2130</b>		Senior II M - 30	24	01:24:58	05:12:42	07:41:55	10:03:01	13:10:38	18:14:47	<b>21:38:24.25</b>	+06:45:54 (31.3%)	9:59	6 (69.0%)
80	<b>MAZUREK Roman</b>	<b>1265</b>	SPARTANIE DZIECIOM	Masters M - 40	39	01:20:53	05:31:37	08:12:50	10:51:52	13:40:12	18:44:44	<b>21:41:17.80</b>	+06:48:47 (31.4%)	10:00	6 (69.0%)
81	<b>ROGOWSKI Krzysztof</b>	<b>2154</b>		Senior II M - 30	25	01:19:49	05:06:16	07:36:58	09:41:25	12:10:53	17:15:33	<b>21:41:38.15</b>	+06:49:08 (31.4%)	10:00	6 (69.0%)
82	<b>KIEZIK Anna</b>	<b>2071</b>	PSZCZÓŁKOWSKI TEAM	Masters K - 40	4	01:20:29	05:33:26	08:21:46	10:45:45	13:37:57	18:22:21	<b>21:44:48.75</b>	+06:52:18 (31.6%)	10:02	6 (69.0%)
83	<b>BULIKOWSKI Tomasz</b>	<b>2017</b>		Masters M - 40	40	01:24:44	05:31:39	08:22:30	10:52:13	13:39:07	18:25:16	<b>21:45:33.70</b>	+06:53:03 (31.6%)	10:02	6 (69.0%)
84	<b>MALISZEWSKA Malwina</b>	<b>1278</b>	ULTRA WAY TEAM	Masters K - 40	5	01:21:43	05:41:11	08:21:53	10:45:54	13:38:05	18:22:29	<b>21:46:52.60</b>	+06:54:22 (31.7%)	10:03	6 (69.0%)
85	<b>PLEWA Sylwia</b>	<b>2163</b>	RKS PIŁA PODLASIE	Weteran K - 50	1	01:26:59	05:41:15	08:13:04	10:51:03	13:39:13	18:40:50	<b>21:50:44.40</b>	+06:58:14 (31.9%)	10:04	6 (69.0%)
86	<b>LISIECKI Tomasz</b>	<b>1343</b>	TRZYNASTKA PLUS	Masters M - 40	41	01:20:50	06:51:18	09:04:37	11:21:32	14:12:32	18:31:43	<b>21:51:00.35</b>	+06:58:30 (31.9%)	10:05	5.9 (67.8%)
87	<b>KURCZYK Tomasz</b>	<b>2112</b>		Masters M - 40	42	01:20:57	05:11:44	07:53:17	10:25:43	13:25:05	18:35:51	<b>21:51:25.95</b>	+06:58:55 (31.9%)	10:05	5.9 (67.8%)
88	<b>WASILEWSKI Marcin</b>	<b>2024</b>		Senior II M - 30	26	01:21:00	05:24:24	08:07:45	10:20:10	13:18:38	17:51:57	<b>21:51:27.60</b>	+06:58:57 (31.9%)	10:05	5.9 (67.8%)
89	<b>CIURASZKIEWICZ Andrzej</b>	<b>2057</b>		Masters M - 40	43	01:21:00	05:12:06	07:53:49	10:26:14	13:25:30	18:36:20	<b>21:51:55.40</b>	+06:59:25 (32.0%)	10:05	5.9 (67.8%)
90	<b>JAKUBOWSKI Andrzej</b>	<b>2001</b>		Senior II M - 30	27	01:08:37	04:48:00	07:16:11	09:34:25	12:25:28	17:56:12	<b>21:53:22.00</b>	+07:00:51 (32.0%)	10:06	5.9 (67.8%)
91	<b>WOJCIECHOWSKI Krzysztof</b>	<b>1118</b>	RADLINIOKI W BIEGU	Masters M - 40	44	01:18:44	05:36:45		11:04:03	13:56:42	18:36:35	<b>21:54:27.95</b>	+07:01:57 (32.1%)	10:06	5.9 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas							Różn	Tempo min/km	Tempo km/h
						A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A7 112km	netto 130km			
92	<b>SEKMAN Tomasz</b>	<b>2083</b>		Masters M - 40	45	01:17:04	05:08:55	07:47:08	10:14:33	13:03:24	18:15:18	<b>21:55:57.85</b>	+07:03:27 (32.2%)	10:07	5.9 (67.8%)
93	<b>WALCZAK Dariusz</b>	<b>2098</b>	OLKUSZBIEGA	Weteran I M - 50	9	01:23:52	05:37:31	08:25:54	11:01:07	13:39:04	18:31:54	<b>22:06:04.30</b>	+07:13:34 (32.7%)	10:12	5.9 (67.8%)
94	<b>PARSZEWSKA Aleksandra</b>	<b>2035</b>	RESHAPE RUNNERS	Senior II K - 30	4	01:26:37	05:24:13	08:06:42	10:41:43	13:23:33	18:37:10	<b>22:06:15.75</b>	+07:13:45 (32.7%)	10:12	5.9 (67.8%)
95	<b>FALDZINSKI Bartosz</b>	<b>2164</b>	POLACY BIEGAJĄ W NL	Masters M - 40	46	01:23:26	05:32:32	08:14:08	10:52:09	13:48:00	18:49:23	<b>22:11:02.60</b>	+07:18:32 (32.9%)	10:14	5.9 (67.8%)
96	<b>BRODA Wojciech</b>	<b>2068</b>	HUTASY RUNNERS TEAM	Weteran I M - 50	10	01:18:36	05:34:20	08:26:47	11:05:56	13:57:07	18:43:43	<b>22:12:35.30</b>	+07:20:05 (33.0%)	10:15	5.9 (67.8%)
97	<b>RADZIWOŃ Anna</b>	<b>2064</b>	GRUPA NIENACHALNIE HEROICZNA	Masters K - 40	6	01:32:00	05:45:34	08:32:02	11:12:11	14:00:45	19:04:22	<b>22:14:14.90</b>	+07:21:44 (33.1%)	10:15	5.8 (66.7%)
98	<b>ZAMBRZYCKI Maciej</b>	<b>2105</b>	RESHAPE RUNNERS	Masters M - 40	47	01:23:47	05:23:40	08:07:17	10:45:33	13:59:52	18:56:43	<b>22:20:22.95</b>	+07:27:52 (33.4%)	10:18	5.8 (66.7%)
99	<b>SALWA Krzysztof</b>	<b>1088</b>	SALCLAN-TEAM	Masters M - 40	48	01:24:11	05:27:39	08:14:48	10:44:17	14:10:06	18:56:04	<b>22:21:09.65</b>	+07:28:39 (33.5%)	10:18	5.8 (66.7%)
100	<b>KRÓL Maciej</b>	<b>1175</b>	WIRAN TEAM	Masters M - 40	49	01:21:11	05:51:45	08:37:12	11:13:52	13:51:24	18:42:08	<b>22:21:38.40</b>	+07:29:08 (33.5%)	10:19	5.8 (66.7%)
101	<b>KULGAJUK Michał</b>	<b>1123</b>	STRASZYN ULTRA TEAM	Senior II M - 30	28	01:38:08	06:11:13	08:44:17	11:27:54	14:28:30	19:23:00	<b>22:22:18.40</b>	+07:29:48 (33.5%)	10:19	5.8 (66.7%)
102	<b>SZRENIAWA Waldemar</b>	<b>2059</b>	MIRAZ RACE TEAM	Senior II M - 30	29	01:13:58	04:42:40	07:00:32	09:20:20	11:58:30	17:35:28	<b>22:23:31.35</b>	+07:31:01 (33.6%)	10:20	5.8 (66.7%)
103	<b>ZAJĄC Leszek</b>	<b>1032</b>		Senior II M - 30	30	01:19:08	05:38:01	08:30:59	11:06:01	13:52:07	18:59:21	<b>22:32:03.70</b>	+07:39:33 (34.0%)	10:24	5.8 (66.7%)
104	<b>DARMETKO Rafał</b>	<b>1221</b>		Senior II M - 30	31	01:23:18	05:24:37	07:55:50	10:31:17	13:31:48	18:59:15	<b>22:32:12.35</b>	+07:39:42 (34.0%)	10:24	5.8 (66.7%)
105	<b>CZAPLA Tomasz</b>	<b>1105</b>		Masters M - 40	50	01:36:39	05:39:47	08:12:44	10:49:27	13:53:06	18:56:16	<b>22:32:54.25</b>	+07:40:24 (34.0%)	10:24	5.8 (66.7%)
106	<b>BINKOWSKI Waldemar</b>	<b>1352</b>		Weteran I M - 50	11	01:29:08	05:49:02	08:39:25	11:12:39	13:52:37	18:48:57	<b>22:33:44.90</b>	+07:41:14 (34.1%)	10:24	5.8 (66.7%)
107	<b>JARUS Andrzej</b>	<b>1093</b>	POLISH WINGS	Masters M - 40	51	01:23:28	05:35:56	08:20:39	11:02:47	14:00:11	18:57:05	<b>22:34:49.95</b>	+07:42:19 (34.1%)	10:25	5.8 (66.7%)
108	<b>BLASZKE Beata</b>	<b>2150</b>	BIEGAJ Z TRENERAMI	Masters K - 40	7	01:34:10	06:06:34	08:55:17	11:27:58	14:16:12	19:05:12	<b>22:41:02.60</b>	+07:48:32 (34.4%)	10:28	5.7 (65.5%)
109	<b>KINCEL Krzysztof</b>	<b>2212</b>		Weteran I M - 50	12	01:34:44	06:04:17	08:56:12	11:40:38	14:24:59	19:21:11	<b>22:41:25.75</b>	+07:48:55 (34.4%)	10:28	5.7 (65.5%)
110	<b>GRABLEWSKI Grzegorz</b>	<b>1268</b>	MKS SIECHNICE	Masters M - 40	52	01:10:34	05:15:49	07:47:40	10:21:02	13:46:51	19:16:07	<b>22:41:58.60</b>	+07:49:28 (34.5%)	10:28	5.7 (65.5%)
111	<b>TASZAREK Jakub</b>	<b>2210</b>	PROJEKT.JTA JAKUB TASZAREK	Masters M - 40	53	01:21:06	05:35:55	08:25:09	11:06:32	13:57:56	19:18:05	<b>22:46:23.90</b>	+07:53:53 (34.7%)	10:30	5.7 (65.5%)
112	<b>SIEPIOŁA Cezary</b>	<b>2149</b>	GÓRAL Z MAZUR RUNNING TEAM	Masters M - 40	54	01:26:48	05:26:50	08:08:03	10:51:32	13:40:32	19:05:28	<b>22:47:10.15</b>	+07:54:40 (34.7%)	10:31	5.7 (65.5%)
113	<b>DOBROŚ Tomasz</b>	<b>2004</b>		Masters M - 40	55	01:20:19	05:20:51	07:47:50	10:09:09	12:43:37	17:49:31	<b>22:51:46.60</b>	+07:59:16 (34.9%)	10:33	5.7 (65.5%)
114	<b>PACHLA Jacek</b>	<b>2125</b>	KB SZAMOTUŁY	Weteran I M - 50	13	01:12:08	05:11:45	07:58:46	10:59:30	14:18:35	19:37:24	<b>22:54:09.90</b>	+08:01:39 (35.1%)	10:34	5.7 (65.5%)
115	<b>SERAFIN Robert</b>	<b>2157</b>		Senior II M - 30	32	01:29:18	06:04:10	08:48:13	11:34:47	14:37:33	19:49:22	<b>22:57:58.95</b>	+08:05:28 (35.2%)	10:35	5.7 (65.5%)
116	<b>MUSZYŃSKI Krzysztof</b>	<b>1014</b>		Masters M - 40	56	01:28:53	05:56:34	08:44:04	11:30:05	14:40:35	19:32:49	<b>23:01:37.30</b>	+08:09:07 (35.4%)	10:37	5.6 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto						Różn	Tempo min/km	Tempo km/h	
						A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A7 112km				130km
117	<b>LECHOWICZ Mariusz</b>	<b>1018</b>	11 MAŁOPOLSKA BRYGADA OBRONY TERYTORIALNEJ	Masters M - 40	57	01:32:24	05:57:00	08:47:05	11:41:17	14:28:49	19:39:51	<b>23:01:52.20</b>	+08:09:22 (35.4%)	10:37	5.6 (64.4%)
118	<b>KARASEK Wojciech</b>	<b>1365</b>	COB - CAŁA OLEŚNICA BIEGA	Weteran I M - 50	14	01:18:16	05:30:47	08:16:22	10:53:02	13:34:54	19:06:12	<b>23:02:29.75</b>	+08:09:59 (35.4%)	10:38	5.6 (64.4%)
119	<b>KRZYŻAN Jakub</b>	<b>1017</b>	KW KRAKÓW	Masters M - 40	58	01:32:57	05:44:07	08:20:16	10:56:08	13:53:42	19:01:11	<b>23:02:45.95</b>	+08:10:15 (35.5%)	10:38	5.6 (64.4%)
120	<b>OLESZEK Magdalena</b>	<b>1003</b>	W POGONI ZA DUCHEM	Senior II K - 30	5	01:20:52	05:20:54	07:53:23	10:16:12	13:23:17	19:05:32	<b>23:08:44.00</b>	+08:16:13 (35.7%)	10:40	5.6 (64.4%)
121	<b>KRAWCZYK Jakub</b>	<b>1271</b>		Senior II M - 30	33	01:23:24	05:30:52	08:17:29	10:56:27	14:16:24	20:06:03	<b>23:13:06.40</b>	+08:20:36 (35.9%)	10:42	5.6 (64.4%)
122	<b>ISZCZAK Kazimierz</b>	<b>2080</b>		Masters M - 40	59	01:20:04	05:46:30	08:37:10	11:16:39	14:16:11	19:28:28	<b>23:16:29.45</b>	+08:23:59 (36.1%)	10:44	5.6 (64.4%)
123	<b>MARZEC Karolina</b>	<b>2009</b>	DZIKIE DZIKI GORZÓW	Masters K - 40	8	01:24:22	05:26:36	08:03:06	10:41:14	13:43:02	19:05:43	<b>23:21:09.90</b>	+08:28:39 (36.3%)	10:46	5.6 (64.4%)
124	<b>MALINOWSKI Jerzy</b>	<b>1168</b>	ZIĘBICE ULTRA TEAM	Weteran I M - 50	15	01:37:49	06:30:33	09:15:34	11:50:48	14:37:53	19:38:05	<b>23:21:12.80</b>	+08:28:42 (36.3%)	10:46	5.6 (64.4%)
125	<b>GRZOMBA Łukasz</b>	<b>1190</b>	DABROWSKI TEAM	Senior II M - 30	34	01:22:29	05:22:17	08:02:41	10:45:30	13:50:05	19:17:42	<b>23:21:36.70</b>	+08:29:06 (36.3%)	10:46	5.6 (64.4%)
126	<b>NOWAK Dawid</b>	<b>1165</b>	ALSTOM KATOWICE	Senior II M - 30	35	01:30:58	05:58:35	08:50:19	11:26:54	14:19:36	19:46:53	<b>23:21:38.75</b>	+08:29:08 (36.3%)	10:46	5.6 (64.4%)
127	<b>GAWLIK Marcin</b>	<b>1164</b>	GONIĘ "MISZCZA" - MKS SIECHNICE	Masters M - 40	60	01:26:12	06:07:41	09:01:19	11:34:44	14:39:18	19:44:46	<b>23:23:32.45</b>	+08:31:02 (36.4%)	10:47	5.6 (64.4%)
128	<b>KLIMCZAK Jacek</b>	<b>1177</b>	UKS PRZEŁĄJ ŻERKÓW	Senior II M - 30	36	01:15:33	05:06:32	07:41:34	10:22:38	13:37:49	19:24:05	<b>23:23:53.25</b>	+08:31:23 (36.4%)	10:47	5.6 (64.4%)
129	<b>MOCEK Grzegorz</b>	<b>2152</b>		Weteran I M - 50	16	01:36:14	06:17:25	09:08:49	11:41:43	14:17:41	19:35:08	<b>23:25:47.55</b>	+08:33:17 (36.5%)	10:48	5.5 (63.2%)
130	<b>CHOJNOWSKI Andrzej</b>	<b>1086</b>		Weteran I M - 50	17	01:35:39	06:24:55	09:14:19	11:49:34	14:32:42	19:23:30	<b>23:26:35.55</b>	+08:34:05 (36.5%)	10:49	5.5 (63.2%)
131	<b>MAŁYSZA Sławomir</b>	<b>2134</b>		Weteran I M - 50	18	01:46:43	06:36:03	09:26:02	12:01:34	14:52:38	19:56:14	<b>23:27:05.20</b>	+08:34:35 (36.6%)	10:49	5.5 (63.2%)
132	<b>GURGACZ Tomasz</b>	<b>2066</b>		Masters M - 40	61	01:21:25	05:11:10	07:50:36	10:40:13	13:27:01	19:24:44	<b>23:27:13.15</b>	+08:34:43 (36.6%)	10:49	5.5 (63.2%)
133	<b>MOKRYCKI Krystian</b>	<b>1293</b>		Masters M - 40	62	01:22:13	05:20:47	07:59:55	10:41:55	13:47:36	19:27:24	<b>23:28:48.75</b>	+08:36:18 (36.6%)	10:50	5.5 (63.2%)
134	<b>BUKOWSKI Stanisław</b>	<b>1213</b>	LAUGASKOKK / ZABIEGANI REYKJAVÍK	Masters M - 40	63	01:38:46	06:12:00	08:59:59	11:51:01	14:34:56	20:00:13	<b>23:30:51.95</b>	+08:38:21 (36.7%)	10:51	5.5 (63.2%)
135	<b>SZPECHT Piotr</b>	<b>2178</b>		Senior II M - 30	37	01:28:22	05:40:36	08:25:06	11:11:42	14:11:41	19:46:54	<b>23:33:57.55</b>	+08:41:27 (36.9%)	10:52	5.5 (63.2%)
136	<b>LUTY Paweł</b>	<b>2185</b>		Masters M - 40	64	01:17:25	05:25:05	08:05:08	10:44:52	13:46:13	19:19:49	<b>23:35:10.60</b>	+08:42:40 (36.9%)	10:53	5.5 (63.2%)
137	<b>HELWICH Paweł</b>	<b>1033</b>		Masters M - 40	65	01:42:00	06:17:09	08:59:36	11:38:39	14:50:46	20:14:20	<b>23:35:14.45</b>	+08:42:44 (36.9%)	10:53	5.5 (63.2%)
138	<b>SIWEK Jarek</b>	<b>1227</b>		Weteran I M - 50	19	01:42:02	06:17:15	08:45:08	11:38:48	14:50:50	20:14:24	<b>23:35:18.15</b>	+08:42:48 (36.9%)	10:53	5.5 (63.2%)
139	<b>MANIAS Michał</b>	<b>1124</b>	STRASZYN ULTRA TEAM	Masters M - 40	66	01:38:06	06:11:20	08:44:20	11:27:54	14:28:43	20:04:31	<b>23:38:55.60</b>	+08:46:25 (37.1%)	10:54	5.5 (63.2%)
140	<b>GRUSZKA Janusz</b>	<b>2049</b>	KITA TEAM	Senior II M - 30	38	01:12:50	05:17:23	07:42:42	10:27:12	13:47:10	19:13:05	<b>23:40:56.00</b>	+08:48:25 (37.2%)	10:55	5.5 (63.2%)
141	<b>GRZESZCZUK Łukasz</b>	<b>1199</b>	SZTAFETA NADZIEI	Senior II M - 30	39	01:31:06	06:04:07	08:49:25	11:28:22	14:42:36	19:53:25	<b>23:42:49.80</b>	+08:50:19 (37.3%)	10:56	5.5 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Czas netto 130km	Różn	Tempo min/km	Tempo km/h
						A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A7 112km				
142	<b>ZYGNER Sławomir</b>	<b>2028</b>	LEŚNE DZIKI PGB	Weteran I M - 50	20	01:32:16	06:35:28	09:45:31	12:42:43	15:26:17	20:17:36	<b>23:44:37.25</b>	+08:52:07 (37.4%)	10:57	5.5 (63.2%)
143	<b>DORSZ Beata</b>	<b>1009</b>		Weteran K - 50	2	01:30:36	06:23:14	09:28:28	12:13:44	15:09:16	20:08:16	<b>23:48:03.85</b>	+08:55:33 (37.5%)	10:59	5.5 (63.2%)
144	<b>KOSTERA Tomasz</b>	<b>1252</b>	VEGE RUNNERS	Masters M - 40	67	01:30:49	06:00:11	08:36:20	11:25:32	14:37:35	20:06:13	<b>23:48:11.00</b>	+08:55:40 (37.5%)	10:59	5.5 (63.2%)
145	<b>KOSMOWSKI Wiesław</b>	<b>1117</b>		Senior II M - 30	40	01:32:20	05:58:26	09:09:41	11:56:45	14:34:54	20:03:42	<b>23:48:28.15</b>	+08:55:58 (37.5%)	10:59	5.5 (63.2%)
146	<b>DAWIDZIAK Arkadiusz</b>	<b>1150</b>		Senior II M - 30	41	01:28:35	05:47:05	08:33:20	11:22:01	14:14:33	19:46:00	<b>23:49:04.35</b>	+08:56:34 (37.5%)	10:59	5.5 (63.2%)
147	<b>RYBARCZYK Ilona</b>	<b>1019</b>	KOŁO BIEGA	Senior II K - 30	6	01:27:17	05:52:12	08:40:49	11:22:33	14:39:17	20:15:34	<b>23:52:27.95</b>	+08:59:57 (37.7%)	11:01	5.4 (62.1%)
148	<b>KONARSKI Maciej</b>	<b>1147</b>	DOGOŃ GRODZISK MAZOWIECKI	Masters M - 40	68	01:24:28	05:31:34	08:19:05	10:55:53	13:59:33	19:53:41	<b>23:52:53.20</b>	+09:00:23 (37.7%)	11:01	5.4 (62.1%)
149	<b>MILEWSKI Maciej</b>	<b>1253</b>	SAMOTNY WILK	Masters M - 40	69	01:41:28	06:36:05	09:22:28	12:09:42	15:25:08	20:11:07	<b>23:53:14.35</b>	+09:00:44 (37.7%)	11:01	5.4 (62.1%)
150	<b>GRZEŚKOWIAK Zbigniew</b>	<b>1171</b>	JUTROSIŃSKI KLUB BIEGACZY	Masters M - 40	70	01:35:15	05:56:44	08:33:45	10:59:27	14:06:34	19:54:08	<b>23:53:14.90</b>	+09:00:44 (37.7%)	11:01	5.4 (62.1%)
151	<b>GAŁKA Jacek</b>	<b>2044</b>	VEGE RUNNERS	Masters M - 40	71	01:34:38	06:24:55	09:29:57	12:12:25	15:12:00	20:34:10	<b>23:53:33.90</b>	+09:01:03 (37.7%)	11:01	5.4 (62.1%)
152	<b>SEGIN Marcin</b>	<b>2006</b>	SPRINT ZALEWO	Masters M - 40	72	01:33:26	05:58:41	08:46:54	11:28:14	14:31:14	19:56:10	<b>23:54:55.15</b>	+09:02:25 (37.8%)	11:02	5.4 (62.1%)
153	<b>WTOREK-BUGAŃSKA Ilona</b>	<b>2119</b>	CARBON SILESIA SPORT	Senior II K - 30	7	01:25:06	05:36:58	08:32:28	11:24:44	14:19:47	20:10:37	<b>24:01:53.00</b>	+09:09:22 (38.1%)	11:05	5.4 (62.1%)
154	<b>NOGA Krystian</b>	<b>1040</b>	DKS - DWUOSOBOWY KLUB SPORTOWY SWD!	Masters M - 40	73	01:43:51	06:38:07	09:29:03	12:22:06	15:40:59	20:49:28	<b>24:02:16.40</b>	+09:09:46 (38.1%)	11:05	5.4 (62.1%)
155	<b>WIŚNIEWSKA Agnieszka</b>	<b>2132</b>		Masters K - 40	9	01:33:50	06:35:02	09:30:45	12:23:23	15:18:48	20:34:28	<b>24:02:17.75</b>	+09:09:47 (38.1%)	11:05	5.4 (62.1%)
156	<b>KUDELSKI Ireneusz</b>	<b>1302</b>	43 WOJSKOWY ODDZIAŁ GOSPODARCZY	Weteran I M - 50	21	01:41:19	07:08:35	10:06:00	12:36:31	15:17:22	20:28:27	<b>24:07:24.85</b>	+09:14:54 (38.3%)	11:08	5.4 (62.1%)
157	<b>PAWLAK Bartosz</b>	<b>1284</b>	RUN AND FLY	Masters M - 40	74	01:26:38	06:10:48	09:00:30	11:41:14	14:57:55	20:28:26	<b>24:08:15.95</b>	+09:15:45 (38.4%)	11:08	5.4 (62.1%)
158	<b>SZPONDER Artur</b>	<b>2040</b>	KBKS RADOMSKO	Senior II M - 30	42	01:22:34	06:06:33	08:50:55	11:26:36	14:30:52	19:44:32	<b>24:09:40.55</b>	+09:17:10 (38.4%)	11:09	5.4 (62.1%)
159	<b>DUDEK Remigiusz</b>	<b>1228</b>	ZIĘBICE	Senior II M - 30	43	01:37:49	06:30:28	09:16:05	11:51:02	14:53:38	20:20:20	<b>24:14:02.10</b>	+09:21:32 (38.6%)	11:11	5.4 (62.1%)
160	<b>DZISZKIEWICZ Grzegorz</b>	<b>1348</b>		Masters M - 40	75	01:34:01	06:32:36	09:25:48	12:29:12	15:03:43	20:39:57	<b>24:14:16.60</b>	+09:21:46 (38.6%)	11:11	5.4 (62.1%)
161	<b>ZAJĄC Rafał</b>	<b>1063</b>	NAD AKTYWNI.	Senior II M - 30	44	01:46:55	06:50:55	09:48:19	12:25:33	15:13:01	20:33:25	<b>24:19:14.30</b>	+09:26:44 (38.8%)	11:13	5.3 (60.9%)
162	<b>KUŻEL Adrian</b>	<b>1022</b>	NADAKTYWNI NOWE MIASTECZKO	Masters M - 40	76	01:46:56	06:50:57	09:48:21	12:25:36	15:12:59	20:33:34	<b>24:19:14.40</b>	+09:26:44 (38.8%)	11:13	5.3 (60.9%)
163	<b>HAUPA Maciej</b>	<b>1236</b>		Masters M - 40	77	01:45:01	06:41:30	09:45:47	12:43:44	15:40:28	21:00:39	<b>24:21:33.20</b>	+09:29:03 (38.9%)	11:14	5.3 (60.9%)
164	<b>LORANC Paweł</b>	<b>1013</b>	WILD BUCHAYS	Masters M - 40	78	01:52:07	06:57:14	10:12:47	13:31:49	16:18:22	21:34:48	<b>24:22:16.00</b>	+09:29:45 (39.0%)	11:14	5.3 (60.9%)
165	<b>RADZIWOŃ Krzysztof</b>	<b>2065</b>	GRUPA NIENACHALNIE HEROICZNA	Masters M - 40	79	01:33:54	06:17:41	09:27:45	12:19:20	15:39:36	20:50:38	<b>24:23:04.60</b>	+09:30:34 (39.0%)	11:15	5.3 (60.9%)
166	<b>KAPICA Anna</b>	<b>2190</b>	RESOVIA RZESZÓW	Masters K - 40	10	01:28:27	06:22:53	09:20:18		14:34:05	19:56:46	<b>24:23:50.15</b>	+09:31:20 (39.0%)	11:15	5.3 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas							Różn	Tempo min/km	Tempo km/h
						A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A7 112km	netto 130km			
167	<b>TYŚ Radek</b>	<b>1248</b>	NOWA RUDA BIEGA	Senior II M - 30	45	01:26:57	06:03:17	08:51:22	11:29:35	14:35:56	20:15:21	<b>24:23:52.25</b>	+09:31:22 (39.0%)	11:15	5.3 (60.9%)
168	<b>LAKOWSKI Sylwester</b>	<b>1275</b>	P&G RUNNING TEAM	Weteran I M - 50	22	01:17:36	05:25:21	08:20:29	11:09:30	14:29:33	20:05:47	<b>24:24:11.80</b>	+09:31:41 (39.0%)	11:15	5.3 (60.9%)
169	<b>AL-JEABORY Mahdi</b>	<b>1125</b>	CZARNA TĘCZA	Masters M - 40	80	01:40:36	06:35:48	09:32:01	12:22:35	15:20:09	20:59:16	<b>24:24:17.85</b>	+09:31:47 (39.0%)	11:15	5.3 (60.9%)
170	<b>NOWAK Jarosław</b>	<b>2199</b>		Weteran I M - 50	23	01:39:57	06:26:08	09:10:43	11:58:30	14:58:49	20:35:52	<b>24:24:59.80</b>	+09:32:29 (39.1%)	11:16	5.3 (60.9%)
171	<b>BALCERZAK Robert</b>	<b>2050</b>	KLUB BIEGACZA WARTA	Masters M - 40	81	01:24:55	06:18:34	09:22:25	12:30:22	15:35:22	20:59:38	<b>24:25:08.45</b>	+09:32:38 (39.1%)	11:16	5.3 (60.9%)
172	<b>ZIOBROWSKI Mateusz</b>	<b>2041</b>	BIEGOSTACJAUSTRATEAM	Senior II M - 30	46	01:37:47	06:47:19	09:52:01	12:47:23	15:59:18	21:15:04	<b>24:25:21.65</b>	+09:32:51 (39.1%)	11:16	5.3 (60.9%)
173	<b>WIŚNIEWSKI Artur</b>	<b>1176</b>		Masters M - 40	82	01:29:02	06:06:00	09:00:43	11:58:42	15:10:58	20:38:37	<b>24:26:43.50</b>	+09:34:13 (39.2%)	11:16	5.3 (60.9%)
174	<b>PIOTROWSKI Michał</b>	<b>2022</b>	#ŻEBERKATEAM	Masters M - 40	83	01:47:55	07:04:46	10:11:30	13:02:16	16:03:54	21:13:51	<b>24:28:02.35</b>	+09:35:32 (39.2%)	11:17	5.3 (60.9%)
175	<b>BIAŁEK Adam</b>	<b>1151</b>		Weteran I M - 50	24	01:47:33	06:58:28	10:07:07	12:49:40	15:40:23	20:56:56	<b>24:29:53.70</b>	+09:37:23 (39.3%)	11:18	5.3 (60.9%)
176	<b>ZAWADZKI Tomasz</b>	<b>2123</b>		Masters M - 40	84	01:41:25	06:49:00	09:41:42	12:25:19	15:31:44	20:45:53	<b>24:31:02.30</b>	+09:38:32 (39.3%)	11:18	5.3 (60.9%)
177	<b>CHUDA Aneta</b>	<b>2018</b>		Masters K - 40	11	01:36:01	06:14:00	09:11:51	11:57:04	14:53:02	20:11:10	<b>24:31:22.50</b>	+09:38:52 (39.3%)	11:19	5.3 (60.9%)
178	<b>PAWLAK Paweł</b>	<b>2124</b>	WYGRAŁEM WYŚCIG Z ŻÓŁWIEM	Weteran I M - 50	25	01:45:50	07:23:02	10:13:58	13:08:56	16:01:30	21:12:34	<b>24:32:20.30</b>	+09:39:50 (39.4%)	11:19	5.3 (60.9%)
179	<b>WOŹNIAK Michał</b>	<b>1135</b>	RUNNER_ULTRA	Senior II M - 30	47	01:25:18	05:42:46	08:39:23	11:35:38	14:55:01	20:41:59	<b>24:34:34.55</b>	+09:42:04 (39.5%)	11:20	5.3 (60.9%)
180	<b>MARCZEWSKI Andrzej</b>	<b>1276</b>	DLA BOGUSI	Weteran II M - 60	1	01:28:43	06:21:13	09:19:14	12:03:48	15:02:11	20:30:52	<b>24:36:25.00</b>	+09:43:54 (39.5%)	11:21	5.3 (60.9%)
181	<b>SZYGENDA Sebastian</b>	<b>2147</b>	TIGER TEAM	Masters M - 40	85	01:29:45	05:56:37	08:48:34	11:36:30	15:00:00	20:54:59	<b>24:38:55.05</b>	+09:46:25 (39.7%)	11:22	5.3 (60.9%)
182	<b>KWIATKOWSKI Przemysław</b>	<b>2148</b>	PWSD GNIEZNO	Masters M - 40	86	01:29:44	05:56:38	08:48:37	11:36:30	15:00:00	20:55:00	<b>24:38:55.80</b>	+09:46:25 (39.7%)	11:22	5.3 (60.9%)
183	<b>STYSIEK Piotr</b>	<b>1319</b>	BIEGIEM RADOM!	Masters M - 40	87	01:43:31	06:55:10	10:07:32	12:59:02	15:51:02	21:12:15	<b>24:40:04.05</b>	+09:47:34 (39.7%)	11:23	5.3 (60.9%)
184	<b>BARTNIAK Kamil</b>	<b>1181</b>	NO LIMITS TRAIL	Masters M - 40	88	01:34:45	06:10:27	08:59:48	11:33:08	14:36:02	20:41:25	<b>24:40:50.20</b>	+09:48:20 (39.7%)	11:23	5.3 (60.9%)
185	<b>FURMAŃCZYK Michał</b>	<b>1307</b>		Masters M - 40	89	01:51:55	06:57:35	10:03:17	12:46:21	15:41:30	21:03:29	<b>24:41:08.85</b>	+09:48:38 (39.7%)	11:23	5.3 (60.9%)
186	<b>KRAWCZUK Dawid</b>	<b>1169</b>	151 BATALION LEKKIEJ PIECHOTY W SKWIERZYNIE	Masters M - 40	90	01:22:24	06:33:49	09:25:20	12:37:22	15:29:27	21:07:04	<b>24:41:28.30</b>	+09:48:58 (39.8%)	11:23	5.3 (60.9%)
187	<b>SZOPA Marek</b>	<b>1300</b>	TEAM KOPEĆ	Masters M - 40	91	01:29:06	06:11:10	09:12:40	12:08:34	15:12:18	20:53:14	<b>24:44:08.20</b>	+09:51:38 (39.9%)	11:24	5.3 (60.9%)
188	<b>ŻABIEREK Tomasz</b>	<b>2092</b>		Masters M - 40	92	01:23:54	05:55:52	09:18:14	11:53:03	15:11:02	20:53:53	<b>24:44:43.15</b>	+09:52:13 (39.9%)	11:25	5.3 (60.9%)
189	<b>GRZYBOWSKA Karolina</b>	<b>1261</b>	GRANDAUTO	Masters K - 40	12	01:34:41	06:26:56	09:30:50	12:21:49	15:22:41	20:54:08	<b>24:45:21.90</b>	+09:52:51 (39.9%)	11:25	5.3 (60.9%)
190	<b>BOBIN Tomasz</b>	<b>1264</b>	ZOCHU TEAM	Masters M - 40	93	01:30:27	06:16:13	09:14:51	11:53:11	14:52:31	20:56:43	<b>24:45:38.75</b>	+09:53:08 (39.9%)	11:25	5.3 (60.9%)
191	<b>STYCZYŃSKI Grzegorz</b>	<b>1347</b>	DATAFEEDWATCH TEAM	Masters M - 40	94	01:41:29	06:17:56	09:13:04	11:52:26	14:55:02	20:19:02	<b>24:45:52.25</b>	+09:53:22 (39.9%)	11:25	5.2 (59.8%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto						Różn	Tempo min/km	Tempo km/h	
						A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A7 112km				130km
192	<b>BOCZEK Leszek</b>	<b>1330</b>	ZAŁOGA GÓRSKA	Senior II M - 30	48	01:50:15	07:08:00	10:09:24	12:39:33	15:33:56	20:54:03	<b>24:48:18.80</b>	+09:55:48 (40.0%)	11:26	5.2 (59.8%)
193	<b>WAWRYKÓW Kuba</b>	<b>2138</b>		Senior I M - 20	4	01:32:56	05:44:28	08:23:03	11:08:54	14:21:07	20:29:37	<b>24:49:24.85</b>	+09:56:54 (40.1%)	11:27	5.2 (59.8%)
194	<b>NIEMAS Mariusz</b>	<b>2170</b>		Weteran I M - 50	26	01:29:54	06:19:56	09:07:33	12:08:55	15:27:00	21:09:04	<b>24:54:32.80</b>	+10:02:02 (40.3%)	11:29	5.2 (59.8%)
195	<b>GRABOWICZ Paweł</b>	<b>1218</b>		Masters M - 40	95	01:39:56	06:26:09	09:10:42	11:58:32	14:58:50	20:45:43	<b>24:55:36.35</b>	+10:03:06 (40.3%)	11:30	5.2 (59.8%)
196	<b>PTASZYŃSKA Eliza</b>	<b>2086</b>		Masters K - 40	13	01:45:26	07:10:56	10:06:29	12:48:16	15:40:37	21:27:23	<b>24:55:40.50</b>	+10:03:10 (40.3%)	11:30	5.2 (59.8%)
197	<b>SZCZERBAL Agnieszka</b>	<b>2075</b>	TKKF MPK POZNAŃ	Masters K - 40	14	01:33:49	06:27:53	09:29:58	12:35:07	15:41:21	21:17:24	<b>24:55:51.20</b>	+10:03:21 (40.3%)	11:30	5.2 (59.8%)
198	<b>PAWLAK Maciej</b>	<b>1200</b>	3TEAM KONIN/MPEC KONIN	Weteran I M - 50	27	01:31:14	06:59:16	09:53:07	12:25:43	15:56:08	22:06:35	<b>24:55:54.65</b>	+10:03:24 (40.3%)	11:30	5.2 (59.8%)
199	<b>NOWAK Krystian</b>	<b>1159</b>	NKB CHYŻY NOWY TOMYŚL	Senior I M - 20	5	01:35:21	06:31:05	09:25:11	12:19:10	15:46:05	21:28:34	<b>24:56:46.55</b>	+10:04:16 (40.4%)	11:30	5.2 (59.8%)
200	<b>JANIK Przemysław</b>	<b>2223</b>		Senior II M - 30	49	01:43:18	07:00:03	10:06:54	12:46:40	15:38:23	20:53:32	<b>24:57:08.75</b>	+10:04:38 (40.4%)	11:30	5.2 (59.8%)
201	<b>MARGASIŃSKI Michał</b>	<b>1020</b>	GÓRYLASY	Senior II M - 30	50	01:42:38	06:44:24	09:26:06	12:11:23	15:16:52	20:42:30	<b>24:57:43.45</b>	+10:05:13 (40.4%)	11:31	5.2 (59.8%)
202	<b>ADAMOWYCZ Bogusław</b>	<b>1065</b>	BOJADELSKA BRAC BIEGOWA	Weteran I M - 50	28	01:34:22	06:39:36	09:54:24	12:45:35	15:43:11	21:17:30	<b>24:57:58.05</b>	+10:05:28 (40.4%)	11:31	5.2 (59.8%)
203	<b>KRAWCZYK Michał</b>	<b>1338</b>		Senior II M - 30	51	01:40:48	06:30:00	09:24:57	12:02:23	15:16:13	21:20:47	<b>24:58:31.80</b>	+10:06:01 (40.4%)	11:31	5.2 (59.8%)
204	<b>KAMIŃSKI Daniel</b>	<b>1109</b>	KS GRUCHA / GÓRAL Z MAZUR RUNNING TEAM	Masters M - 40	96	01:35:09	06:38:32	09:26:42	12:18:26	15:30:27	21:30:51	<b>25:00:46.75</b>	+10:08:16 (40.5%)	11:32	5.2 (59.8%)
205	<b>WYSOCZAŃSKI Adrian</b>	<b>2099</b>	PIETRZYKOWICE	Masters M - 40	97	01:35:34	06:27:17	09:30:49	12:21:51	15:22:44	20:54:14	<b>25:05:03.15</b>	+10:12:33 (40.7%)	11:34	5.2 (59.8%)
206	<b>KOZIOŁ Ewa</b>	<b>2166</b>	KB-SOBÓTKA	Masters K - 40	15	01:35:19	06:26:51	09:30:44	12:21:34	15:22:09	20:54:11	<b>25:05:13.15</b>	+10:12:43 (40.7%)	11:34	5.2 (59.8%)
207	<b>BATOR Monika</b>	<b>2094</b>		Masters K - 40	16	01:33:50	06:51:06	10:07:49	13:09:47	16:11:26	21:57:32	<b>25:10:23.50</b>	+10:17:53 (40.9%)	11:37	5.2 (59.8%)
208	<b>SIŃCZUK Patrycja</b>	<b>2205</b>	MIRAZ RACE TEAM	Masters K - 40	17	01:31:57	06:49:17	10:13:11	13:08:44	16:11:41	21:57:46	<b>25:10:32.30</b>	+10:18:02 (40.9%)	11:37	5.2 (59.8%)
209	<b>ZAKROCZYMSKI Michał</b>	<b>1350</b>		Weteran I M - 50	29	01:33:36	06:05:41	08:28:57	11:02:46	14:19:08	20:03:54	<b>25:10:57.05</b>	+10:18:27 (40.9%)	11:37	5.2 (59.8%)
210	<b>TROCHANOWSKI Krystian</b>	<b>2191</b>	RUSYN - LEM	Senior II M - 30	52	01:31:57	05:48:10	08:24:14	11:09:25	14:33:03	20:33:19	<b>25:11:47.00</b>	+10:19:16 (41.0%)	11:37	5.2 (59.8%)
211	<b>BOGACZYK Krzysztof</b>	<b>1247</b>		Masters M - 40	98	01:40:26	06:29:49	09:22:24	12:24:24	15:34:29	21:25:17	<b>25:12:11.00</b>	+10:19:40 (41.0%)	11:37	5.2 (59.8%)
212	<b>NÓŻKA Andrzej</b>	<b>1351</b>		Masters M - 40	99	01:45:27	06:58:35	10:15:25	13:31:51	16:17:24	21:44:51	<b>25:13:57.35</b>	+10:21:27 (41.0%)	11:38	5.2 (59.8%)
213	<b>CZYŻ Łukasz</b>	<b>2010</b>	ESTEAM	Masters M - 40	100	01:39:47	06:34:51	09:27:30	12:26:38	15:42:00	21:24:43	<b>25:14:16.50</b>	+10:21:46 (41.1%)	11:38	5.2 (59.8%)
214	<b>DEKIERT Agnieszka</b>	<b>2144</b>		Masters K - 40	18	01:35:40	06:35:36	09:48:35	12:45:43	15:52:45	21:21:07	<b>25:14:28.75</b>	+10:21:58 (41.1%)	11:38	5.2 (59.8%)
215	<b>TOPOLSKI Piotr</b>	<b>1222</b>	SZTAFETA NADZIEI	Masters M - 40	101	01:32:00	06:30:53	09:28:16	12:18:00	15:24:00	20:57:38	<b>25:15:32.50</b>	+10:23:02 (41.1%)	11:39	5.1 (58.6%)
216	<b>KICH Marek</b>	<b>1324</b>		Senior II M - 30	53	01:40:11	06:19:37	09:06:05	11:55:53	15:33:34	21:08:23	<b>25:17:21.15</b>	+10:24:51 (41.2%)	11:40	5.1 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Czas netto 130km	Różn	Tempo min/km	Tempo km/h
						A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A7 112km				
217	<b>MALCZEWSKI Daniel</b>	<b>1280</b>	WIECZORNE BIEGANIE W OPOLU	Senior II M - 30	54	01:35:05	05:58:29	08:38:18	12:02:50	14:25:05	20:30:18	<b>25:19:44.90</b>	+10:27:14 (41.3%)	11:41	5.1 (58.6%)
218	<b>HAJDUGA Łukasz</b>	<b>1115</b>	WIECZORNE BIEGANIE W OPOLU	Masters M - 40	102	01:35:06	05:58:31	08:39:05	12:02:46	14:25:08	20:21:56	<b>25:19:46.10</b>	+10:27:16 (41.3%)	11:41	5.1 (58.6%)
219	<b>TOMASZEWSKI Michał</b>	<b>1203</b>	BIEG OPOLSKI	Masters M - 40	103	01:35:07	05:58:31	08:39:34	12:00:06	14:28:27	20:17:01	<b>25:19:48.55</b>	+10:27:18 (41.3%)	11:41	5.1 (58.6%)
220	<b>CZUBA Robert</b>	<b>2088</b>	ORANGE POLSKA	Weteran I M - 50	30	01:40:35	06:58:25	10:18:10	13:14:24	16:10:50	21:44:33	<b>25:20:47.45</b>	+10:28:17 (41.3%)	11:41	5.1 (58.6%)
221	<b>WALKOWIAK Joanna</b>	<b>2072</b>	MUAY RUNNING TEAM	Senior II K - 30	8	01:38:22	06:52:21	09:54:35	12:34:33	15:35:53	21:31:16	<b>25:21:18.75</b>	+10:28:48 (41.3%)	11:42	5.1 (58.6%)
222	<b>FUS Maciej</b>	<b>1153</b>		Senior II M - 30	55	01:40:25	06:29:50	09:22:29	12:24:26	15:34:35	21:28:36	<b>25:21:19.20</b>	+10:28:49 (41.3%)	11:42	5.1 (58.6%)
223	<b>BOTTCHER Andrzej</b>	<b>1210</b>	SKB GRANIT	Masters M - 40	104	01:28:09	06:19:59	09:26:56	12:24:32	15:34:49	21:28:42	<b>25:21:23.40</b>	+10:28:53 (41.3%)	11:42	5.1 (58.6%)
224	<b>SILSKA Sylwia</b>	<b>2109</b>	ATRAKCYJNE TOWARZYSTWO	Weteran K - 50	3	01:36:41	06:50:33	09:55:26	12:42:17	15:52:44	21:38:34	<b>25:21:39.25</b>	+10:29:09 (41.3%)	11:42	5.1 (58.6%)
225	<b>ZYZAŃSKI Andrzej</b>	<b>2110</b>	ANATOMIA BIEGANIA	Masters M - 40	105	01:39:25	06:53:17	09:58:07	12:46:45	15:49:33	21:40:21	<b>25:23:23.05</b>	+10:30:53 (41.4%)	11:43	5.1 (58.6%)
226	<b>WOJCIECHOWSKI Paweł</b>	<b>1031</b>	BIEGACZE JUNIORA-RUNNERS TEAM	Masters M - 40	106	01:38:22	06:45:14	09:55:06	12:47:04	15:45:13	21:36:40	<b>25:23:25.70</b>	+10:30:55 (41.4%)	11:43	5.1 (58.6%)
227	<b>BUDKOWSKI Kamil</b>	<b>1250</b>		Senior II M - 30	56	01:40:56	06:37:43	09:39:23	12:25:23	15:30:43	21:26:37	<b>25:23:58.05</b>	+10:31:28 (41.4%)	11:43	5.1 (58.6%)
228	<b>ŻUROWSKI Marcin</b>	<b>1012</b>		Weteran I M - 50	31	01:35:21	06:20:21	09:32:03	12:32:37	15:41:19	21:51:19	<b>25:24:58.15</b>	+10:32:28 (41.5%)	11:43	5.1 (58.6%)
229	<b>DEIGSLER Przemysław</b>	<b>1091</b>	BIEGAJĄCE KREJZOLE	Masters M - 40	107	01:55:27	07:16:53	10:07:41	13:03:43	15:40:47	21:37:57	<b>25:25:19.25</b>	+10:32:49 (41.5%)	11:43	5.1 (58.6%)
230	<b>SUDUŁ Jarosław</b>	<b>2116</b>	WIERZBICKI RUNNING PROJECT	Weteran I M - 50	32	01:35:56	06:35:08	09:25:13	12:09:22	15:17:21	21:21:43	<b>25:25:27.30</b>	+10:32:57 (41.5%)	11:44	5.1 (58.6%)
231	<b>CERNOCKY Jan</b>	<b>1245</b>		Senior II M - 30	57	01:22:55	06:16:40	09:19:48	12:30:44	15:27:52	21:34:40	<b>25:26:02.80</b>	+10:33:32 (41.5%)	11:44	5.1 (58.6%)
232	<b>SUPEŁ Jacek</b>	<b>1142</b>	NIEZRZESZONY	Masters M - 40	108	01:31:24	06:32:44	09:29:45	12:36:32	15:37:18	21:39:08	<b>25:27:03.95</b>	+10:34:33 (41.6%)	11:44	5.1 (58.6%)
233	<b>NOWAK Tomasz</b>	<b>1102</b>	BIEGAJĄCE KREJZOLE	Masters M - 40	109	01:55:35	07:16:51	10:07:39	12:59:12	15:45:10	21:52:20	<b>25:28:13.00</b>	+10:35:42 (41.6%)	11:45	5.1 (58.6%)
234	<b>LIC Janusz</b>	<b>2135</b>		Weteran I M - 50	33	01:36:21	06:28:30	09:32:11	12:34:34	15:44:31	21:38:52	<b>25:28:16.00</b>	+10:35:45 (41.6%)	11:45	5.1 (58.6%)
235	<b>PAZIO Jakub</b>	<b>2211</b>	BIEGAM BO LUBIĘ OSTROŁĘKA	Senior I M - 20	6	01:19:36	05:33:53	08:26:38	11:22:03	14:43:29	20:57:00	<b>25:29:26.90</b>	+10:36:56 (41.6%)	11:45	5.1 (58.6%)
236	<b>STRASZEWSKI Leszek</b>	<b>1057</b>	KS M. E. T. A.	Masters M - 40	110	01:48:48	07:07:34	10:28:17	13:17:25	16:06:09	21:27:07	<b>25:30:41.65</b>	+10:38:11 (41.7%)	11:46	5.1 (58.6%)
237	<b>SĘDECKI Piotr</b>	<b>1180</b>	BIEGAM WIĘC JESTEM	Weteran II M - 60	2	01:30:12	06:28:04	09:31:30	12:30:42	15:33:54	21:50:05	<b>25:31:23.45</b>	+10:38:53 (41.7%)	11:46	5.1 (58.6%)
238	<b>URBAŃSKI Dariusz</b>	<b>1138</b>		Weteran I M - 50	34	01:40:47	06:46:43	09:51:06	12:47:29	15:58:37	21:48:51	<b>25:31:30.60</b>	+10:39:00 (41.7%)	11:46	5.1 (58.6%)
239	<b>OSSOWSKI Arkadiusz</b>	<b>1217</b>	KASZUBI LUZINO	Weteran I M - 50	35	01:41:18	06:46:45	09:51:09	12:47:38	15:59:12	21:49:27	<b>25:31:31.65</b>	+10:39:01 (41.7%)	11:46	5.1 (58.6%)
240	<b>SZMYT Piotr</b>	<b>1015</b>	BIEGAJĄCE KREJZOLE	Masters M - 40	111	01:39:59	06:53:13	09:58:06	12:47:48	15:49:35	21:52:20	<b>25:31:35.40</b>	+10:39:05 (41.7%)	11:46	5.1 (58.6%)
241	<b>MASZEWSKA-WACH Mariola</b>	<b>1342</b>		Masters K - 40	19	01:41:27	06:50:11	10:03:45	13:09:49	16:03:04	21:48:19	<b>25:31:35.75</b>	+10:39:05 (41.7%)	11:46	5.1 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto						Różn	Tempo min/km	Tempo km/h	
						A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A7 112km				130km
242	<b>DZIADŃ Grzegorz</b>	<b>1323</b>		Masters M - 40	112	01:49:00	07:02:53	10:06:55	12:59:39	16:08:01	22:14:09	<b>25:31:37.95</b>	+10:39:07 (41.7%)	11:46	5.1 (58.6%)
243	<b>COP Anna</b>	<b>1263</b>	SUMT / DAV SEKCJA KATOWICKA	Masters K - 40	20	01:38:26	06:30:02	09:33:22	12:35:48	15:47:02	21:58:08	<b>25:32:35.80</b>	+10:40:05 (41.8%)	11:47	5.1 (58.6%)
244	<b>KRUZEL Tomasz</b>	<b>1286</b>	GRUPA JURA	Masters M - 40	113	01:32:27	06:15:29	09:21:09	12:09:33	15:17:31	21:22:15	<b>25:32:41.55</b>	+10:40:11 (41.8%)	11:47	5.1 (58.6%)
245	<b>DATA Tomasz</b>	<b>1185</b>	HRMAX ŻORY	Weteran I M - 50	36	01:46:38	06:50:42	09:53:23	12:42:37	15:51:24	21:43:46	<b>25:35:35.35</b>	+10:43:05 (41.9%)	11:48	5.1 (58.6%)
246	<b>MACKIEWICZ Artur</b>	<b>1128</b>	DŁUGOBIEGANIE	Masters M - 40	114	01:38:35	06:58:01	10:13:02	13:07:37	16:07:36	21:58:53	<b>25:36:26.90</b>	+10:43:56 (41.9%)	11:49	5.1 (58.6%)
247	<b>MARCHWICKI Arkadiusz</b>	<b>2179</b>	FEHLAU RUN TEAM	Masters M - 40	115	01:44:22	07:06:28	10:25:21	13:24:21	16:29:56	22:25:03	<b>25:37:42.10</b>	+10:45:12 (42.0%)	11:49	5.1 (58.6%)
248	<b>KEPKE Michał</b>	<b>2213</b>		Masters M - 40	116	01:42:44	07:11:22	10:25:29	13:31:21	16:26:52	22:20:53	<b>25:41:32.50</b>	+10:49:02 (42.1%)	11:51	5.1 (58.6%)
249	<b>GÓRCZYŃSKI Rafał</b>	<b>2043</b>		Masters M - 40	117	01:37:21	06:50:46	10:17:22	13:14:32	16:32:36	22:21:13	<b>25:42:09.45</b>	+10:49:39 (42.1%)	11:51	5.1 (58.6%)
250	<b>RABSCH Patrycja</b>	<b>2026</b>		Senior II K - 30	9	01:43:17	06:47:39	09:52:30	12:47:42	15:57:37	22:07:05	<b>25:44:34.40</b>	+10:52:04 (42.2%)	11:52	5 (57.5%)
251	<b>BUDNY Aleksandra</b>	<b>2122</b>	KRAŚNIK BIEGA / NO PAIN NO GAIN	Masters K - 40	21	01:33:54	06:35:26	09:31:07	12:37:03	15:57:44	22:07:12	<b>25:44:41.50</b>	+10:52:11 (42.2%)	11:52	5 (57.5%)
252	<b>ŁUGOWSKI Marek</b>	<b>2193</b>	UTM170	Masters M - 40	118	01:42:39	06:36:24	09:31:18	12:34:15	15:57:41	22:20:01	<b>25:44:48.20</b>	+10:52:18 (42.2%)	11:52	5 (57.5%)
253	<b>JANUSZEWSKI Piotr</b>	<b>1329</b>	MKS ROBOTY DROGOWE ŚWINOUJŚCIE	Masters M - 40	119	01:45:20	07:18:40	10:39:22	13:28:06	16:10:18	22:18:31	<b>25:45:13.40</b>	+10:52:43 (42.2%)	11:53	5 (57.5%)
254	<b>OLESIŃSKI Piotr</b>	<b>2048</b>	DRUŻYNA ORZECHA ŻYRARDÓW	Masters M - 40	120	01:34:20	06:50:09	10:03:08	12:52:02	16:08:19	22:17:42	<b>25:45:24.45</b>	+10:52:54 (42.2%)	11:53	5 (57.5%)
255	<b>BUJLIS Eugeniusz</b>	<b>1140</b>	IDENTAL CLINIQUE	Masters M - 40	121	01:42:04	06:57:54	10:22:51	13:29:52	16:17:39	22:17:43	<b>25:45:32.25</b>	+10:53:02 (42.3%)	11:53	5 (57.5%)
256	<b>PLANETORZ Marek</b>	<b>1214</b>		Weteran I M - 50	37	01:39:44	07:06:44	10:17:44	13:12:11	16:16:41	22:17:55	<b>25:45:38.80</b>	+10:53:08 (42.3%)	11:53	5 (57.5%)
257	<b>RYBCZYŃSKI Przemek</b>	<b>2111</b>		Weteran I M - 50	38	01:41:11	06:45:57	09:56:47	13:20:33	16:34:35	22:33:33	<b>25:46:56.80</b>	+10:54:26 (42.3%)	11:53	5 (57.5%)
258	<b>SZYMAŁA Mateusz</b>	<b>1191</b>	KLUCZBORSKA GRUPA BIEGOWA	Masters M - 40	122	01:33:38	06:20:09	10:07:53	13:25:14	16:38:07	22:25:05	<b>25:47:35.05</b>	+10:55:05 (42.3%)	11:54	5 (57.5%)
259	<b>BIAŁY Jakub</b>	<b>1346</b>	HYCOK	Senior II M - 30	58	01:47:47	07:02:48	10:10:54	13:15:29	16:10:55	22:23:47	<b>25:48:24.80</b>	+10:55:54 (42.4%)	11:54	5 (57.5%)
260	<b>DOLIŃSKI Tomasz</b>	<b>1097</b>	UMAWIANIENABIEGANIE TEAM	Weteran I M - 50	39	01:37:35	06:51:12	10:14:11	13:17:54	16:17:25	22:19:54	<b>25:49:05.90</b>	+10:56:35 (42.4%)	11:54	5 (57.5%)
261	<b>PÓŁGRABIA Dawid</b>	<b>2031</b>	#ŻEBERKATEAM	Masters M - 40	123	01:47:57	07:04:47	10:11:35	13:02:16	16:07:42	22:09:13	<b>25:49:14.95</b>	+10:56:44 (42.4%)	11:55	5 (57.5%)
262	<b>KUPIEC Maciej</b>	<b>2012</b>	#ŻEBERKATEAM	Masters M - 40	124	01:47:54	07:04:47	10:11:42	13:02:19	16:07:41	22:09:17	<b>25:49:48.80</b>	+10:57:18 (42.4%)	11:55	5 (57.5%)
263	<b>FERENC Adrian</b>	<b>1134</b>		Senior II M - 30	59	01:26:41	06:41:30	09:47:12	12:48:32	16:01:49	22:19:07	<b>25:50:31.45</b>	+10:58:01 (42.4%)	11:55	5 (57.5%)
264	<b>LOMAGISTRO Pietro</b>	<b>2194</b>	A.S.D. GRUPPO PODISTICO SAN PIO X	Masters M - 40	125	01:42:40	06:36:25	09:31:26	12:34:54	16:10:08	22:22:11	<b>25:52:00.95</b>	+10:59:30 (42.5%)	11:56	5 (57.5%)
265	<b>KOPACZYŃSKA Beata</b>	<b>2175</b>	A.S.D. GRUPPO PODISTICO SAN PIO X	Weteran K - 50	4	01:42:37	06:36:23	09:31:18	12:34:53	16:10:20	22:22:25	<b>25:52:01.35</b>	+10:59:31 (42.5%)	11:56	5 (57.5%)
266	<b>BUKOWSKI Michał</b>	<b>1267</b>	DARK SIDE OSTROŁĘKA	Masters M - 40	126	01:42:05	06:47:24	10:07:28	13:12:05	16:19:37	22:11:57	<b>25:53:41.60</b>	+11:01:11 (42.6%)	11:57	5 (57.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto						Różn	Tempo min/km	Tempo km/h	
						A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A7 112km				130km
267	<b>LENARTOWICZ Adam</b>	<b>1326</b>		Weteran I M - 50	40	01:53:07	07:15:26	10:37:48	13:15:25	16:18:42	22:11:48	<b>25:55:21.35</b>	+11:02:51 (42.6%)	11:57	5 (57.5%)
268	<b>ZARODA Zbigniew</b>	<b>1051</b>	ALOHA DZIKU!_WKURW TEAM	Weteran I M - 50	41	01:10:08	05:57:00	09:27:30	12:40:52	16:28:36	22:35:42	<b>25:56:53.10</b>	+11:04:23 (42.7%)	11:58	5 (57.5%)
269	<b>KOWALCZYK Paweł</b>	<b>1357</b>	KĘCKIE HARPAGANY	Masters M - 40	127	01:26:13	06:14:15	09:12:17	12:31:09	15:55:27	22:36:31	<b>25:57:52.65</b>	+11:05:22 (42.7%)	11:59	5 (57.5%)
270	<b>FALKOWSKI Michał</b>	<b>1358</b>		Senior II M - 30	60	01:43:52	07:12:05	10:28:55	13:15:38	16:24:29	22:34:28	<b>25:57:52.75</b>	+11:05:22 (42.7%)	11:59	5 (57.5%)
271	<b>GŁADYSZ Robert</b>	<b>2140</b>	SCE24.PL	Masters M - 40	128	01:49:15	06:53:51	10:05:00	13:28:40	16:42:39	22:42:04	<b>25:57:55.75</b>	+11:05:25 (42.7%)	11:59	5 (57.5%)
272	<b>WAPA Marek</b>	<b>1198</b>		Masters M - 40	129	01:56:21	07:15:59	10:10:35	13:15:50	16:34:06	22:42:27	<b>25:58:05.30</b>	+11:05:35 (42.7%)	11:59	5 (57.5%)
273	<b>ROSZYK Magdalena</b>	<b>1101</b>	TKKF MPK POZNAŃ/ BIEGAJĄCE KREJZOLE	Masters K - 40	22	01:58:10	07:13:48	11:14:15	14:00:34	16:52:38	22:56:40	<b>25:58:15.00</b>	+11:05:44 (42.7%)	11:59	5 (57.5%)
274	<b>PAWLAK Jarosław</b>	<b>1056</b>	KOŁO BIEGA	Masters M - 40	130	01:58:08	07:13:43	11:09:07	14:00:33	16:52:40	22:57:13	<b>25:59:04.10</b>	+11:06:34 (42.8%)	11:59	5 (57.5%)
275	<b>MALINOWSKI Grzegorz</b>	<b>2005</b>		Masters M - 40	131	01:29:40	06:22:26	09:22:59	12:21:45	15:47:21	22:10:21	<b>26:04:02.60</b>	+11:11:32 (42.9%)	12:01	5 (57.5%)
276	<b>BILSKI Przemysław</b>	<b>1235</b>	KS MARATON OSTRÓW WLKP.	Senior II M - 30	61	01:35:54	06:31:22	09:45:40	12:45:18	15:43:56	22:17:12	<b>26:19:33.25</b>	+11:27:03 (43.5%)	12:09	4.9 (56.3%)
277	<b>JAWORSKI Bartłomiej</b>	<b>2136</b>	WINS WHO DARES,	Weteran I M - 50	42	01:23:18	06:19:17	09:17:52	12:23:15	15:49:37	22:08:15	<b>26:22:40.50</b>	+11:30:10 (43.6%)	12:10	4.9 (56.3%)
278	<b>ŚWITALSKI Andrzej</b>	<b>1095</b>		Masters M - 40	132	01:48:54	07:19:32	10:52:02	13:58:52	16:54:14	22:49:52	<b>26:27:45.05</b>	+11:35:15 (43.8%)	12:12	4.9 (56.3%)
279	<b>GUZIK Daniel</b>	<b>1354</b>		Masters M - 40	133	01:44:40	07:04:47	10:28:49	13:33:11	16:41:56	22:44:48	<b>26:27:50.50</b>	+11:35:20 (43.8%)	12:12	4.9 (56.3%)
280	<b>SZCZUKA Leszek</b>	<b>2089</b>	CROSSELITE	Weteran I M - 50	43	01:35:29	06:18:52	09:37:50	12:55:54	16:16:12	22:40:14	<b>26:50:45.90</b>	+11:58:15 (44.6%)	12:23	4.8 (55.2%)
281	<b>KOWALEWSKI Robert</b>	<b>1309</b>		Weteran I M - 50	44	01:55:24	07:21:41	10:27:46	13:40:28	16:32:24	22:50:23	<b>26:50:56.10</b>	+11:58:26 (44.6%)	12:23	4.8 (55.2%)
	<b>ADAMCZYK Marcin</b>	<b>2096</b>		Masters M - 40		01:34:28 DNF	06:58:19 DNF	10:12:42 DNF	13:20:50 DNF	16:18:49 DNF	22:00:44 DNF	<b>DNF</b>	-	-	(0.0%)
	<b>BUTKIEWICZ Lukasz</b>	<b>2055</b>	IRRACJONALNIE MASZERUJĄCY	Senior II M - 30		01:35:51 DNF	06:47:42 DNF	10:00:00 DNF	12:53:33 DNF	16:00:44 DNF	22:16:50 DNF	<b>DNF</b>	-	-	(0.0%)
	<b>WIERZOWIECKI Grzegorz</b>	<b>2069</b>	BERFIT ZIELONA GÓRA & STACHOWSCY.EU	Senior II M - 30		01:03:07 DNF	04:04:18 DNF	06:08:34 DNF	08:21:20 DNF	10:47:20 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>TOKARCZYK Marcin</b>	<b>2003</b>		Masters M - 40		01:21:17 DNF	05:26:52 DNF	08:20:00 DNF	10:58:58 DNF	13:37:07 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>PAJOR Krzysztof</b>	<b>2100</b>	100PASS	Masters M - 40		01:26:11 DNF	05:40:31 DNF	08:34:26 DNF	11:22:12 DNF	14:04:27 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>KARBOWSKI Jarosław</b>	<b>2029</b>	K.S .LENIWIEC	Masters M - 40		01:33:56 DNF	06:32:39 DNF	09:51:42 DNF	12:51:55 DNF	16:08:54 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>HAMPEL Hubert</b>	<b>2078</b>	BIEGOSTACJAUSTRATEAM	Senior I M - 20		01:37:42 DNF	06:47:18 DNF	09:51:57 DNF	12:47:45 DNF	16:01:12 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>BUK Sławomir</b>	<b>2184</b>		Masters M - 40		01:05:40 DNF	04:31:44 DNF	06:50:32 DNF	09:06:40 DNF	11:45:21 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>BRODA Dominik</b>	<b>2014</b>		Senior II M - 30		01:20:23 DNF	05:18:06 DNF	08:03:46 DNF	10:45:09 DNF	14:07:52 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>LUTOWSKI Wojciech</b>	<b>2102</b>		Senior II M - 30		01:37:10 DNF	06:29:33 DNF	09:21:54 DNF	12:03:03 DNF	15:15:53 DNF	DNF	<b>DNF</b>	-	-	(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	A2	A3	A4	A5	A7	Czas netto	Różn	Tempo	Tempo	
						10km	32km	47km	64km	81km	112km	130km		min/km	km/h	
	<b>WAWRESZUK Wiktor</b>	<b>2180</b>	BRACTWO BIEGOWE BGK	Weteran I M - 50		01:43:09 DNF	06:32:59 DNF	09:19:16 DNF	12:00:49 DNF	15:28:23 DNF	DNF	<b>DNF</b>	-	-	-	(0.0%)
	<b>ZADROŻNY Piotr</b>	<b>2201</b>	BIEGIEM DO 100TKI	Senior II M - 30		01:27:04 DNF	06:12:35 DNF	09:12:40 DNF	12:10:05 DNF	15:36:36 DNF	DNF	<b>DNF</b>	-	-	-	(0.0%)
	<b>WERNO Bartłomiej</b>	<b>2062</b>		Senior II M - 30		01:34:16 DNF	06:11:24 DNF	09:08:44 DNF	12:06:03 DNF	15:45:45 DNF	DNF	<b>DNF</b>	-	-	-	(0.0%)
	<b>BŁASZKOWSKI Daniel</b>	<b>2032</b>	MAJ.R RAWICZ	Masters M - 40		01:32:15 DNF	06:35:28 DNF	09:45:28 DNF	12:47:04 DNF	16:28:26 DNF	DNF	<b>DNF</b>	-	-	-	(0.0%)
	<b>RUDY Iwona</b>	<b>2093</b>		Senior II K - 30		01:33:50 DNF	06:51:06 DNF	10:07:48 DNF	13:12:38 DNF	16:29:15 DNF	DNF	<b>DNF</b>	-	-	-	(0.0%)
	<b>ŚLEZIAK Jarosław</b>	<b>2186</b>	DANIEL WOSIK TERVEL TEAM	Masters M - 40		01:03:53 DNF	04:09:47 DNF	06:28:17 DNF	08:37:46 DNF	DNF	DNF	<b>DNF</b>	-	-	-	(0.0%)
	<b>NIEDZIÓŁKA Wojciech</b>	<b>2087</b>	CENTRUM SZKOLENIA POLICJI W LEGIONOWIE	Senior II M - 30		01:09:11 DNF	04:48:16 DNF	07:09:02 DNF	09:49:09 DNF	DNF	DNF	<b>DNF</b>	-	-	-	(0.0%)
	<b>MOSIEK Andrzej</b>	<b>2158</b>		Senior II M - 30		01:34:36 DNF	05:39:54 DNF	08:13:16 DNF	10:50:26 DNF	DNF	DNF	<b>DNF</b>	-	-	-	(0.0%)
	<b>KURPIEWSKA Anna</b>	<b>2171</b>	GT RAT	Masters K - 40		01:19:18 DNF	05:25:24 DNF	08:16:08 DNF	10:52:28 DNF	DNF	DNF	<b>DNF</b>	-	-	-	(0.0%)
	<b>SIKORSKI Marcin</b>	<b>2168</b>	TT SZCZECIN	Masters M - 40		01:19:09 DNF	05:25:24 DNF	08:16:08 DNF	10:52:47 DNF	DNF	DNF	<b>DNF</b>	-	-	-	(0.0%)
	<b>PASTWA Marek</b>	<b>2224</b>	OH!ZUZA.COM/BEAUTYSPORT	Weteran I M - 50		01:34:09 DNF	06:09:17 DNF	08:55:33 DNF	11:46:47 DNF	DNF	DNF	<b>DNF</b>	-	-	-	(0.0%)
	<b>CHOŁUJ Jarek</b>	<b>2008</b>	FOR-REST-RUN KOSZALIN	Masters M - 40		01:38:23 DNF	06:49:10 DNF	09:39:13 DNF	12:32:54 DNF	DNF	DNF	<b>DNF</b>	-	-	-	(0.0%)
	<b>ZGOŁA Przemysław</b>	<b>2074</b>	TARNOWO PODGÓRNE BIEGA	Weteran I M - 50		01:33:52 DNF	06:27:53 DNF	09:29:59 DNF	12:35:56 DNF	DNF	DNF	<b>DNF</b>	-	-	-	(0.0%)
	<b>KRYSIAK Tomasz</b>	<b>2076</b>	ULTRA RUNNER SZCZECIN- THOM@S FOTO	Senior II M - 30		01:38:34 DNF	06:58:00 DNF	10:11:38 DNF	13:07:34 DNF	DNF	DNF	<b>DNF</b>	-	-	-	(0.0%)
	<b>KRZEMIŃSKA Aleksandra</b>	<b>2196</b>	POLDEK TEAM	Masters K - 40		01:41:43 DNF	06:49:57 DNF	10:20:33 DNF	13:23:48 DNF	DNF	DNF	<b>DNF</b>	-	-	-	(0.0%)
	<b>KRZEMIŃSKI Jacek</b>	<b>2181</b>	POLDEK TEAM	Masters M - 40		01:41:51 DNF	06:49:56 DNF	10:20:35 DNF	13:23:48 DNF	DNF	DNF	<b>DNF</b>	-	-	-	(0.0%)
	<b>SADOWSKI Piotr</b>	<b>2160</b>	SADOSZCZAKI	Senior II M - 30		01:34:36 DNF	07:03:22 DNF	10:11:43 DNF	13:35:00 DNF	DNF	DNF	<b>DNF</b>	-	-	-	(0.0%)
	<b>GAWRON Bartłomiej</b>	<b>2058</b>		Masters M - 40		01:41:17 DNF	06:50:56 DNF	10:09:13 DNF	13:43:54 DNF	DNF	DNF	<b>DNF</b>	-	-	-	(0.0%)
	<b>BABIRECKI Krzysztof</b>	<b>2129</b>	FU FU FU TEAM	Masters M - 40		01:21:53 DNF	06:42:55 DNF	09:46:21 DNF	13:54:01 DNF	DNF	DNF	<b>DNF</b>	-	-	-	(0.0%)
	<b>MUCHA Michał</b>	<b>2219</b>	NOCNY POYEB TEAM	Masters M - 40		01:21:16 DNF	06:44:16 DNF	10:04:33 DNF	14:00:01 DNF	DNF	DNF	<b>DNF</b>	-	-	-	(0.0%)
	<b>WITEK Eryk</b>	<b>2218</b>	QC SPARTY MONIA GYM QŹNIA TALENTÓW ADAMA	Masters M - 40		01:22:47 DNF	06:44:19 DNF	10:12:27 DNF	14:00:53 DNF	DNF	DNF	<b>DNF</b>	-	-	-	(0.0%)
	<b>ARMATYS Grzegorz</b>	<b>2176</b>	ORANGE POLSKA	Weteran I M - 50		01:42:21 DNF	07:18:53 DNF	10:51:30 DNF	14:08:05 DNF	DNF	DNF	<b>DNF</b>	-	-	-	(0.0%)
	<b>NORKOWSKA Aleksandra</b>	<b>2173</b>	ORANGE POLSKA	Masters K - 40		01:42:31 DNF	07:18:54 DNF	10:51:28 DNF	14:08:06 DNF	DNF	DNF	<b>DNF</b>	-	-	-	(0.0%)
	<b>KALBARCZYK Beata</b>	<b>2172</b>	ORANGE POLSKA	Weteran K - 50		01:42:31 DNF	07:19:21 DNF	10:51:40 DNF	14:08:06 DNF	DNF	DNF	<b>DNF</b>	-	-	-	(0.0%)
	<b>MIKOŁAJCZYK Mirosław</b>	<b>2216</b>	MIRAZ RACE TEAM	Masters M - 40		01:08:55 DNF	04:31:57 DNF	07:06:56 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	-	(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1	A2	A3	A4	A5	A7	Czas netto	Różn	Tempo	Tempo	
						10km	32km	47km	64km	81km	112km	130km		min/km	km/h	
	<b>SIEMIĄTKOWSKI Arkadiusz</b>	<b>2188</b>	#RÓBSWOJE CREW	Senior II M - 30		01:33:27 DNF	05:58:42 DNF	08:56:37 DNF	DNF	DNF	DNF	<b>DNF</b>		-	-	(0.0%)
	<b>MRUGALSKA Magdalena</b>	<b>2141</b>	JW 1223	Senior II K - 30		01:31:15 DNF	06:22:59 DNF	09:50:32 DNF	DNF	DNF	DNF	<b>DNF</b>		-	-	(0.0%)
	<b>WIĘCZKOWSKI Wojciech</b>	<b>2027</b>		Masters M - 40		01:36:58 DNF	07:09:03 DNF	10:46:02 DNF	DNF	DNF	DNF	<b>DNF</b>		-	-	(0.0%)
	<b>SKARŻYŃSKI Wojciech</b>	<b>2081</b>		Masters M - 40		01:51:30 DNF	07:23:31 DNF	10:57:27 DNF	DNF	DNF	DNF	<b>DNF</b>		-	-	(0.0%)
	<b>RYCHŁOWSKA Magdalena</b>	<b>2007</b>		Masters K - 40		01:45:34 DNF	07:18:42 DNF	10:57:40 DNF	DNF	DNF	DNF	<b>DNF</b>		-	-	(0.0%)
	<b>ZUGAJ Bartosz</b>	<b>2197</b>		Senior II M - 30		01:42:32 DNF	07:20:41 DNF	11:01:34 DNF	DNF	DNF	DNF	<b>DNF</b>		-	-	(0.0%)
	<b>CYGAN Anna</b>	<b>2195</b>	ANIA I BLACK HAT ULTRA	Weteran K - 50		01:42:27 DNF	07:20:42 DNF	11:09:30 DNF	DNF	DNF	DNF	<b>DNF</b>		-	-	(0.0%)
	<b>ZIĘTEK Krzysztof</b>	<b>2139</b>	ADIDAS RUNNERS WARSAW	Masters M - 40		01:45:57 DNF	07:41:48 DNF	11:49:46 DNF	DNF	DNF	DNF	<b>DNF</b>		-	-	(0.0%)
	<b>TOKARZ Robert</b>	<b>2159</b>		Weteran I M - 50		01:27:45 DNF	06:12:58 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>		-	-	(0.0%)
	<b>PAROL Paweł</b>	<b>2097</b>	SZYMANKOWSZCZYŻNA	Masters M - 40		01:26:08 DNF	06:17:43 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>		-	-	(0.0%)
	<b>STRZYŻEWSKI Paweł</b>	<b>2206</b>	SZCZYT ZA SZCZYTEM	Masters M - 40		01:33:54 DNF	06:52:20 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>		-	-	(0.0%)
	<b>NOWOSŁAWSKI Krzysztof</b>	<b>2103</b>	IRRACJONALNIE MASZERUJĄCY	Masters M - 40		01:32:06 DNF	06:58:13 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>		-	-	(0.0%)
	<b>MIKOŁAJCZYK-SOWA Monika</b>	<b>2039</b>	SZAKALE BAŁUT ŁÓDŹ	Masters K - 40		01:49:04 DNF	07:19:26 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>		-	-	(0.0%)
	<b>WOJNO Małgorzata</b>	<b>2025</b>	DROGA DO ULTRA	Senior II K - 30		01:50:23 DNF	07:20:54 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>		-	-	(0.0%)
	<b>KORNAGA Michał</b>	<b>2106</b>	GÓRY LASY	Senior I M - 20		01:51:50 DNF	07:22:42 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>		-	-	(0.0%)
	<b>WOSZCZAK Zbigniew</b>	<b>2203</b>	STRZELIŃSKI KLUB BIEGACZA GRANIT	Weteran I M - 50		01:39:24 DNF	07:28:14 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>		-	-	(0.0%)
	<b>WOSZCZAK Jolanta</b>	<b>2204</b>	STRZELIŃSKI KLUB BIEGACZA GRANIT	Weteran K - 50		01:39:27 DNF	07:28:16 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>		-	-	(0.0%)
	<b>DĘBEK Piotr</b>	<b>2121</b>	ŚWIDNICKA GRUPA BIEGOWA	Masters M - 40		01:51:01 DNF	07:41:13 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>		-	-	(0.0%)
	<b>KOZIEŁ Tomasz</b>	<b>2013</b>	#WAWRZYTEAM	Masters M - 40		01:04:40 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>		-	-	(0.0%)
	<b>DWORNIK Maciek</b>	<b>2020</b>	WARCZĄCE SZPRYCHY	Masters M - 40		01:07:53 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>		-	-	(0.0%)
	<b>LANGE Szymon</b>	<b>2217</b>	WSK-SZYMONIX	Masters M - 40		01:21:22 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>		-	-	(0.0%)
	<b>RECLIK Piotr</b>	<b>2042</b>	ULTRAWARIACI	Senior I M - 20		01:21:38 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>		-	-	(0.0%)
	<b>REKIEĆ-KROGULECKA Kaja</b>	<b>2033</b>		Senior I K - 20		01:21:47 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>		-	-	(0.0%)
	<b>SZARAPANOWSKI Damian</b>	<b>2156</b>	ULTRA DIABŁY TEAM LUBRZA	Masters M - 40		01:22:22 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>		-	-	(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A7 112km	Czas netto 130km	Różn	Tempo min/km	Tempo km/h
	<b>MOŃ Sebastian</b>	<b>2198</b>	CARBON SILESIA SPORT	Senior II M - 30		01:23:59 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>SPECHT Mikołaj</b>	<b>2209</b>		Masters M - 40		01:31:50 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>DRZASZCZ Marek</b>	<b>2182</b>	CROSSELITE	Masters M - 40		01:34:04 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>WOJNO Arkadiusz</b>	<b>2192</b>	DROGA DO ULTRA	Senior II M - 30		01:35:47 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>WRONKA Tymoteusz</b>	<b>2104</b>	IRRACJONALNIE MASZERUJĄCY	Masters M - 40		01:37:07 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>ŁABĘDZKI Mariusz</b>	<b>2023</b>		Masters M - 40		01:39:34 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>BONDARCZUK Sylwia</b>	<b>2063</b>	ULTRA BESKID SPORT	Masters K - 40		01:39:56 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>STOLPE Maciej</b>	<b>2036</b>	TKKF MPK POZNAŃ	Weteran I M - 50		01:40:33 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>RUTKOWSKI Kazimierz</b>	<b>2091</b>	KUSY I SPÓŁKA	Weteran II M - 60		01:41:21 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>WODZIŃSKA Danuta</b>	<b>2052</b>	BIEG OPOLSKI TEAM	Masters K - 40		01:42:27 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>SILSKI Marek</b>	<b>2108</b>	ATRAKCYJNE TOWARZYSTWO	Weteran I M - 50		01:46:10 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>SOKOŁOWSKI Artur</b>	<b>2077</b>	TEAM ZABIEGANEDNI	Masters M - 40		01:50:13 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>NADOBNIK Beata</b>	<b>2034</b>	SPORTOWY KAŻMIERZ/TARNOWO PODGÓRNE BIEGA	Weteran K - 50		01:51:30 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>SZWARGOT Marta</b>	<b>2085</b>	TARNOWO PODGÓRNE BIEGA / SPORTOWY KAŻMIERZ	Senior II K - 30		01:51:31 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>SZCZUKA Joanna</b>	<b>2037</b>		Senior I K - 20		01:52:26 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>HAMOT Artur</b>	<b>2056</b>	BIEGOWA KUŹNIA	Senior II M - 30		01:53:00 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)

Znaleziono 356 wynik(ów)